

The book was found

Pure Cookies | Sprouted, Raw Vegan & Gluten-free: Americas Favorite Cookies Recreated With Simple Whole Ingredients.

*Pure*Cookies

Sprouted | Raw Vegan | Gluten Free



America's favorite cookies recreated with simple whole ingredients.

AMANDA NICOLE SMITH



Synopsis

Calling all healthy cookie monsters! Let's replace the ingredients to our favorite cookies with pure, simple and whole ingredients. We're replacing flour, refined sugar, butter and eggs with ingredients such as almonds, cashews, buckwheat groats, and dates. You'll find the classics like thin mints, oreos, maple pecan, snickerdoodle, oatmeal raisin, lemon poppyseed and more! My goal was to make a versatile cookie batter that could be used in a variety of different cookies. I wanted options and I especially wanted a raw vegan cookie with crispy outsides and soft insides. Many cookies later, I came up with 3 base recipes that can be used interchangeably in all 12 cookies. That means there are a total of 36 cookies recipes! These cookies can be sprouted, gluten-free and are all raw vegan. However they could be made in the oven like regular cookies as well. The cookie options are limitless with the simple techniques I'm about to show you. Equipment required: Food processor or blender, dehydrator or oven. Have a nut allergy? Alternatives are included in the book. For example almonds and cashews can be replaced with oats and coconut flour.

Book Information

File Size: 31256 KB

Print Length: 36 pages

Simultaneous Device Usage: Unlimited

Publication Date: October 8, 2015

Sold by: Â Â Digital Services LLC

Language: English

ASIN: B01608N6AG

Text-to-Speech: Not enabled

X-Ray: Not Enabled

Word Wise: Not Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #472,215 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #70

in Â Â Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Baking > Cookies #98

in Â Â Books > Cookbooks, Food & Wine > Kitchen Appliances > Dehydrators #233 in Â Â Books > Cookbooks, Food & Wine > Baking > Cookies

Customer Reviews

it's a bit stretching it to ask for \$14 for this super thin little book. I gave it as part of a gift so could not

return it.

Very good, creative, healthy and well presented.

[Download to continue reading...](#)

Pure Cookies | Sprouted, Raw Vegan & Gluten-free: Americas favorite cookies recreated with simple whole ingredients. Ethnic Vegan Box Set 4 in 1: Dairy Free Vegan Italian, Vegan Mexican, Vegan Asian and Vegan Mediterranean Recipes for an amazing Raw Vegan lifestyle (A ... Protein Vegan Recipes and Vegan Nutrition) Vegan: High Protein Vegan Cookbook-Vegan Diet-Gluten Free & Dairy Free Recipes (Slow cooker,crockpot,Cast Iron) (vegan,vegan diet,vegan slowcooker,high ... free,dairy free,low carb) Raw Food Diet: 50+ Raw Food Recipes Inside This Raw Food Cookbook. Raw Food Diet For Beginners In This Step By Step Guide To Successfully Transitioning ... Vegan Cookbook, Vegan Diet, Vegan Recipes) Vegan: High Carb Low Fat Vegan Recipes-Vegan Diet On A Budget (Forks Over Knives,Crockpot,Slowcooker,80/10/10 Diet, Raw Till 4,gluten free,dairy free) ... diet,high protein,low fat,gluten free) Gluten Free: Vegan Cookbook: Nutritious and Delicious, 100% Vegan + Gluten Free Recipes to Improve Your Health, Lose Weight, and Feel Amazing (Gluten Free Diet Cookbook, Gluten Intolerance Book 3) Vegan: High Protein Vegan Cookbook of Dairy Free Instant Pot Vegan Recipes for Raw Vegans and Vegetarians (Vegan Diet for Gluten-Free, low cholesterol, low carb lifestyle Weight Loss 1) Gluten Free: Gluten Free Diet for Beginners: Create Your Gluten Free Lifestyle for Vibrant Health, Wellness & Weight Loss (Gluten-Free Diet, Celiac Disease, Wheat Free, Cookbook Book 1) Vegan: High Protein Cookbook: 50 Delicious High Protein Vegan Recipes (Dairy Free, Gluten Free, Low Cholesterol, Vegan Diet, Vegan for Weight loss, vegetarian, vegan bodybuilding, Cast Iron,) The Big Gluten-Free Bread Cookbook Vol. 1: Feel the Spirit in Your Little Kitchen with 500 Secret Holiday Bread Recipes! (Vegan Gluten Free Bread, Gluten ... Cookbook,...) (Gluten-Free Bread Territory) Vegan: 101 Simple,Easy, Delicious Chocolate Plant Based Vegan Recipes for a Raw Vegan and Vegetarian Diet for Healthy Living and Weight Loss (Gluten Free, ... a Healthy Living Cookbook for Weight Loss) Whole: The 30 Day Whole Foods Challenge: Complete Cookbook of 90-AWARD WINNING Recipes Guaranteed to Lose Weight (Whole, Whole foods, 30 Day Whole ... Whole Foods Cookbook, Whole Foods Diet) VEGAN: 30 Days of Vegan Recipes and Meal Plans to Increase Your Health and Energy (Healthy Eating, Vegan Recipes, Vegan Cookbook, Gluten Free, Low Carb, Vegan Diet, Healthy Weight Loss Book 1) Vegan: Vegan Dump Dinners-Vegan Diet On A Budget (Crockpot, Quick Meals,Slowcooker,Cast Iron, Meals For One) (Slow Cooker,crockpot,vegan recipes,vegetarian ... protein,low fat,gluten free,vegan recipes) Vegan

Cookbook for Beginners: Top 500 Absolutely Delicious, Guilt-Free, Easy Vegan Recipes-The Ultimate Vegan Cookbook Chock-Full of Recipes(Vegan Cookbooks for beginners, Vegan Diet, Weight loss, Vegan Rawsome Vegan Baking: An Un-cookbook for Raw, Gluten-Free, Vegan, Beautiful and Sinfully Sweet Cookies, Cakes, Bars & Cupcakes Raw Vegan Cookies: Raw Food Cookie, Brownie, and Candy Recipes. (Healthy Recipes, Sweet Recipes, Healthy Desserts, Nutritious and Delicious Snacks, Cookies and Bars) Vegan: Vegan Diet for Beginner: Easy 123 Recipes and 4 Weeks Diet Plan (High Protein, Dairy Free, Gluten Free, Low Cholesterol, Vegan Cookbook, Vegan Recipes, Cast Iron, Easy 123 Diet Book 1) Vegan: The Ultimate Vegan Cookbook for Beginners - Easily Get Started With Over 70 Mouth-Watering Vegan Recipes (Vegan Recipes for Beginners, Vegan Diet for Beginners, Vegan Cookbook for Beginners) Vegan: 100 Delicious Recipes For The Beginner Vegan Vegan Diet (vegan diet, vegan cookbook, vegan smoothies)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)