

ONE BITE

VEGAN MAGAZINE

*Party time!
Vegan grazing
tables*

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100

Nutrient-Packed
Recipes Using Nature's
Hidden Power to Help
You Feel Your Best

Rawsome Superfoods

Emily von Euw

bestselling author of *Rawsome Vegan Baking*,
creator of This Rawsome Vegan Life

Reviewed: The Rawsome Vegan Cookbook

By Honey Morris

Bestselling author Emily von Euw is back and this time she's blowing our minds with over 100 healing and nourishing recipes, many of them raw, in her new cookbook Rawsome Superfoods.

Emily has created the recipes in this must-have vegan cookbook with ingredients proven to positively affect energy, longevity, immunity and wellness.

As is the case with all of Emily's previous cookbooks, it radiates her beautiful vibes and the photography paints a picture of fresh, nutritious and vibrant food. It's a real treat to turn each page.

There are so many standouts; pink lemonade (made with beets); sourdough bread with creamy eggplant and pesto; dark 'n' dense chocolate cake, and wait for it...cookie dough ice cream shake! I just want to work my way through each and every delicious creation!

Admittedly, you will come across some trickier to find ingredients, such as ashwagandha powder, chaga mushroom powder and reishi mushroom powder, but most of Emily's recipes use common ingredients. Also, a perk of raw recipes has to be their adaptability, so switching a few won't usually affect the end result too drastically.

Regardless of what your everyday diet looks like, there's something in Rawsome Superfoods for everyone.

Would you like this cookbook? We've got one copy to give away. For your chance to be in to win it, just send us an email with your name and postal address to emma@onebitevegan.com, with the subject line: 'Rawsome'. Competition closes on the 1st June 2019. Only one entry per person will be counted.



About the author...

Honey Morris is the creator of Handmade by H-Monster. Handmade by H-Monster is about all things crafty but mostly crochet. Honey donates a minimum of 25-50% of the profits from the sale of her creations to not-for-profit animal rescues. Honey lives in picturesque Western Australia with her husband Stu and the rescue animals they share their life with. When she's not crocheting, or cooking up a vegan storm in the kitchen, you'll usually find Honey burning incense while reading a good book, tending to her veggie patch or taking a dip at the beach. Honey loves sharing her passion for animals, nature and veganism.