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Bonus!
Holiday Gift Guide

VegNews

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The Veggie Awards 2008

Skinny Bitch's Rory Freedman
(Guess which award she won! See p. 32.)

+

53

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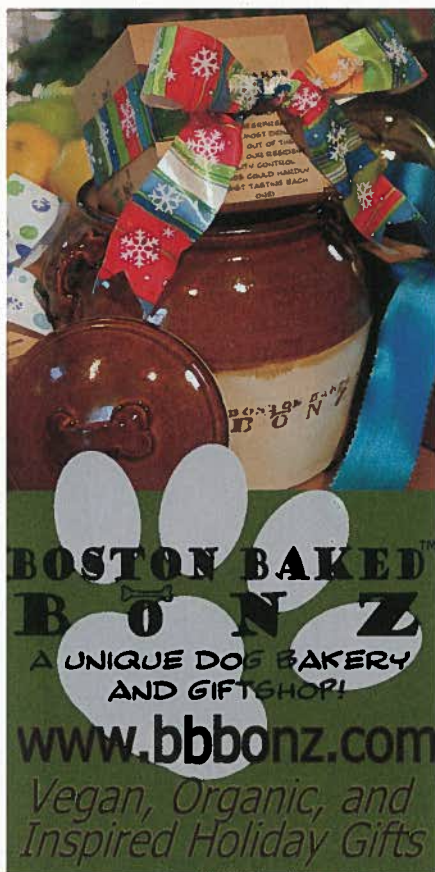
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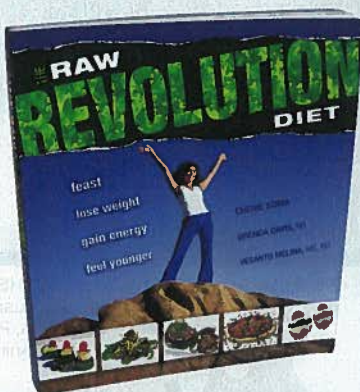
\$4.95 US
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December 2008





Media lounge

holiday edition



The Raw Revolution Diet

By Cherie Soria, Brenda Davis, RD, and Vesanto Melina, MS, RD

Book Publishing Company • 2008 • \$21.95

Review by Aurelia d'Andrea

Cherie Soria's sparkling eyes and lithe figure—proudly displayed on the cover of *The Raw Revolution Diet*—are good advertisements for the raw lifestyle, but it's the non-preachy tone of Soria's latest offering that sets it apart from others in its ilk. A collaboration between Soria—the director of the world-renowned Living Light Institute—and two dietitians with impeccable credentials, *Revolution* emphasizes raw food as a health-maintenance tool, and delivers the message in a way that isn't too strident (the consumption of whole grains, cooked or raw, is encouraged), and therefore more accessible to newbies and the raw-curious. Before digging into recipes such as Date and Walnut Scones, Not Tuna Salad, and Tomato-Mushroom Bisque, check out the Body Mass Index (BMI) chart to learn what a healthy weight looks like, and peruse the glycemic index for foods with sustainable energy. Though raw-foodism may not be a panacea, most of us could benefit from the addition of more whole fruits and vegetables and fewer processed foods, making the book's main message timely and valuable.

Perfect for: The raw-food dabbler

You Won't Believe It's Vegan

200 Recipes for Simple and Delicious Animal-Free Cuisine

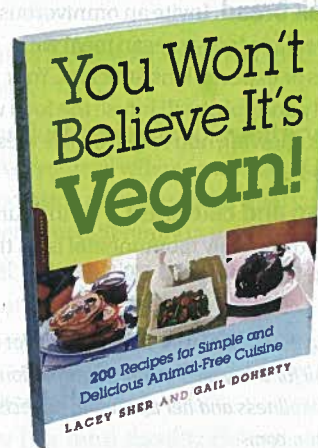
By Lacey Sher and Gail Doherty

De Capo Books • 2008 • \$17.95

Review by Aurelia d'Andrea

Authors Lacey Sher and Gail Doherty may have given up careers as restaurateurs—together the duo owned and operated New Jersey's first organic vegan restaurant, Down to Earth—but they haven't relinquished the idea of delivering tasty plant-based fare to the masses. With *You Won't Believe It's Vegan*, the team sets out to affirm that eating vegan means eating “more than salad,” and succeeds with recipes running the gamut from Tortilla Torte with Creamy Pumpkin-Seed Pesto and Michelle's Blueberry Sour Cream Coffee Cake, to comfort-food classics like Slow-Cooked Scalloped Potatoes and Split Pea Soup. Planning a party? First-time hosts and hostesses will find the appetizers section a godsend, with offerings fit for a Super Bowl Party (Tofu Hot Wings) or a Chinese New Year gathering (Scallion Pancakes with Plum Dipping Sauce). Also advantageous to novice cooks are the sections on kitchen accoutrement must-haves and the glossary of pantry items, and the small-but-luscious collection of photos will have pros and neophytes alike making a dash for the kitchen.

Perfect for: Your college-bound kid



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