



Raw Desserts: Mouthwatering Recipes for Cookies, Cakes, Pastries, Pies, and More

Erica Palmcrantz Aziz, Irmela Lilja

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Savor a rich, raw treat as it melts in your mouth and know you're doing your body a favor! This sequel to *Raw Food* shows how you can eat sweets every day while providing your body with plenty of nutrition and vitality. Here you'll find recipes for luscious desserts, cakes, pastries, ice cream, cookies, and smoothies and other beverages. Enjoy fruit, organic vanilla powder, cocoa, and other unique super-foods in their purest form. How wonderful to be able to share a treat with family and friends that is delicious, healthy, and even good for the environment!

All raw food goodies in this book are made with natural, authentic ingredients that are not heated over 42°C (108°F), and all the recipes are naturally free of white sugar, gluten, eggs, and lactose. Start your raw lifestyle with a dessert!

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Spent a free time and energy to be fun activity to do! A lot of people spent their free time with their family, or their particular friends. Usually they doing activity like watching television, gonna beach, or picnic in the park. They actually doing same thing every week. Do you feel it? Do you want to something different to fill your free time/ holiday? Can be reading a book may be option to fill your totally free time/ holiday. The first thing you will ask may be what kinds of e-book that you should read. If you want to try out look for book, may be the publication untitled Raw Desserts: Mouthwatering Recipes for Cookies, Cakes, Pastries, Pies, and More can be excellent book to read. May be it is usually best activity to you.

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