

Raw Cake: Beautiful, Nutritious and Indulgent Raw Desserts, Treats, Smoothies and Elixirs (Hardback)



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RAW CAKE: BEAUTIFUL, NUTRITIOUS AND INDULGENT RAW DESSERTS, TREATS, SMOOTHIES AND ELIXIRS (HARDBACK)

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St. Martin s Griffin, 2017. Hardback. Condition: New. Language: English . Brand New Book. Long-time friends Leah and Daisy set up raw superfood confectionery company The Hardihood in early 2015 to prove that eating healthy desserts does not mean compromising taste or beauty. Their range of handcrafted desserts comprise all-natural ingredients and are completely free from refined sugar, gluten, wheat, dairy, and soy. They re also raw, which means the ingredients are not altered by heat and thus maintain their nutritional value and integrity. Raw Cake is about making beautiful, raw desserts that appeal to everyone. Using key healthy ingredients like nuts, coconut oil, dates, rice malt, and powdered super foods, these unique flavor combinations will delight your taste buds. You ll find bite-sized raw treats like Caramel Crunch and Carrot Cupcakes, as well as crowd-pleasers such as Pineapple Sorbet, Chocolate Orange Cake, and Banoffee Pie. Complete with 100 recipes, nutritional breakdowns, and food styling techniques, Raw Cake will help you to create sensational-looking and healthy cakes.



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