



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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