



Practically Raw Desserts: Flexible Recipes for All-Natural Sweets and Treats

Amber Shea Crawley

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This companion book to Amber Shea's trend-setting *Practically Raw*, sets the standard for flexible raw sweets and treats.

Practically Raw Desserts is a trove of scrumptious raw cakes, cookies, brownies, pies, puddings, candies, pastries, and frozen treats. All of chef Amber Shea Crawley's sweet creations allow substitution and adaptation for a non-raw kitchen. The recipes are free of dairy, eggs, gluten, wheat, soy, corn, refined grains, refined sugars, yeast, starch, and other nutrient-poor ingredients. Many recipes are also free of grains, oils, nuts, and added sugars.

Ideal for beginners as well as seasoned raw foodists, *Practically Raw Desserts* is jam-packed with delicious, healthy-yet-indulgent treats that include:

- Baklava Blondies
- Summer Fruit Pizza
- Tuxedo Cheesecake Brownies
- Cashew Butter Cups
- Confetti Birthday Cake
- Pecan Shortbread Cookies
- Deep-Dish Caramel Apple Pie
- Dark Chocolate Sorbet

With this flexible approach, you can delve into raw desserts at your own pace, even without special equipment or hard-to-find ingredients. The book provides recipe variations and ingredient substitutions that address many common food allergens. If you're looking for delicious and vibrant dessert recipes with maximum flavor and nutrition, then you'll love *Practically Raw Desserts*.

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Raul Miller:

Playing with family inside a park, coming to see the ocean world or hanging out with pals is thing that usually you could have done when you have spare time, and then why you don't try thing that really opposite from that. A single activity that make you not feeling tired but still relaxing, trilling like on roller coaster you have been ride on and with addition details. Even you love Practically Raw Desserts: Flexible Recipes for All-Natural Sweets and Treats, you can enjoy both. It is great combination right, you still would like to miss it? What kind of hang-out type is it? Oh seriously its mind hangout men. What? Still don't get it, oh come on its named reading friends.

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