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Raw Cake: Beautiful, Nutritious And Indulgent Raw Desserts, Treats, Smoothies And Elixirs



Synopsis

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.

Book Information

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Customer Reviews

THE HARDIHOOD offers beautifully crafted, raw cakes and desserts completely free from refined sugar, gluten and chemicals. Launched by ex-model Daisy Kristiansen and Leah Garwood-Gowers, The Hardihood is paving the way for a new era of raw vegan superfood desserts that look and taste as good as the real thing. They're based in London.

LOVE!!! Beautiful photos and delicious recipes, this book is the perfect answer for my new refined sugarfree, dairy free, and gluten free diet.

not sure if I like this book. It looks a little complicated (recipes). I almost return this book but decided to keep it because the price is awesome for the quality of the book (the bonding, pictures, and hardcover).

Quality book, well written with beautiful photography. The recipes are vegan, use wholesome ingredients and look wonderful. Technically, not completely raw as some of the ingredients (like oats, coconut cream, etc...) should not be considered raw. Still, this is a 5 star book!

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