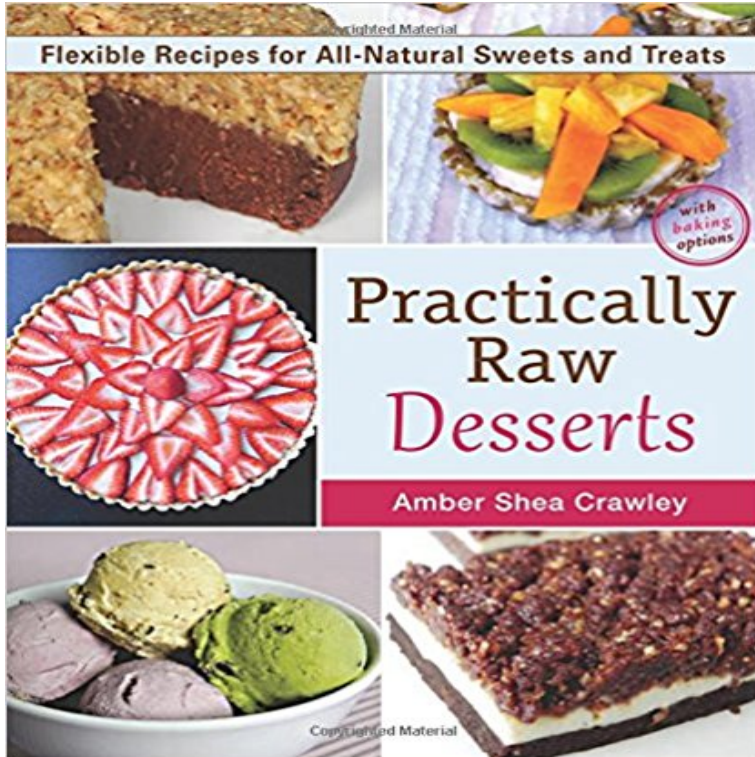


# Practically Raw Desserts: Flexible Recipes for All-Natural Sweets and Treats



Chef Amber Sheas innovative flexible approach to raw vegan desserts that allows some cooking. This companion book to Amber Sheas 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 Crawleys 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 youre looking for delicious and vibrant dessert recipes with maximum flavor and nutrition, then youll love Practically Raw Desserts.

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Practically Raw Desserts: Flexible Recipes for All-Natural Sweets** Practically Raw Desserts: Flexible Recipes For All-Natural Sweets and Treats debuts April 15th, but again, is available for preorder on Amazon **Sweetly Raw Desserts: Raw Vegan Chocolates** - No more teasers. No more preview posts. My second cookbook, Practically Raw Desserts: Flexible Recipes For All-Natural Sweets and Treats, **Practically Raw Desserts Flexible Recipes for All Natural Sweets** : Practically Raw Desserts Flexible Recipes For All-Natural Sweets And Treats : Other Products : Everything Else. **Practically Raw Desserts: Review and Sample Recipe** Todays giveaway is in honor of the fact that my new cookbook, Practically Raw Desserts: Flexible Recipes For All-Natural Sweets and Treats, **Chef Amber Shea - Part 2** Buy Practically Raw Desserts: Flexible Recipes for All-Natural Sweets and Treats by Amber Shea Crawley (ISBN: 9781941252123) from Amazons Book Store. **Sweetly Raw Desserts: Raw Vegan Chocolates, Cakes** - Buy Practically Raw Desserts: Flexible Recipes for All-Natural Sweets and Treats on ? FREE SHIPPING on qualified orders. **Practically Raw Desserts photo-packed mega-preview! 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