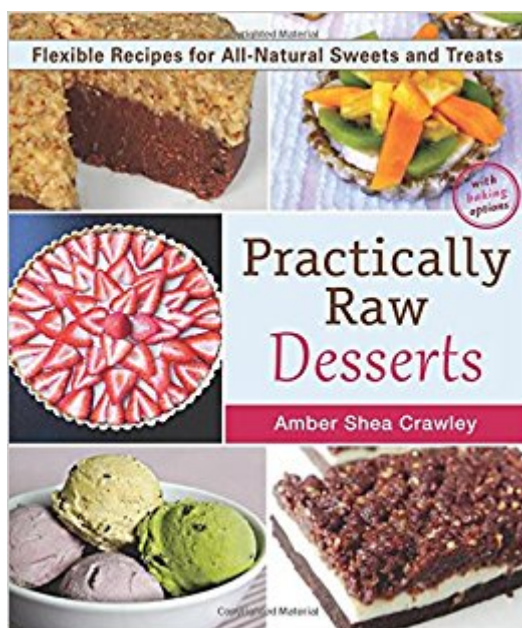


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Practically Raw Desserts: Flexible Recipes For All-Natural Sweets And Treats



Synopsis

Chef Amber Shea's innovative & flexible approach to raw vegan desserts that allows some cooking. 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*.

Book Information

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Customer Reviews

Amber Shea Crawley, author of *Practically Raw: Flexible Raw Recipes Anyone Can Make*, is a chef and writer specializing in healthful vegan and raw food. She was trained in the art of gourmet living

cuisine at the world-renowned Matthew Kenney Academy, graduating as a certified raw and vegan chef. She also earned her Nutrition Educator certification at the Living Light Culinary Arts Institute. Practically Raw Desserts is her second book.

"Where to start?" That's exactly what I said after receiving and reading this book! Amber has put so much information in this book and being new to eating raw...or healthy, I really appreciate the way she makes it so easy for me. In this book she is showing me/us how to make our own milks, butters & flours, not only in type but also with incredible pictures! So much to choose from! And the recipes...cookies, bars, brownies, cakes, pies, candies, sauces....OMG! There are so many to choose from and with my sweet-tooth I may be in trouble!! not only like how yummy the recipes sound and look but I also like that if I don't have what is called for in the recipe Amber helped out by giving us several alternatives we could use instead! Talk about making it easy on you! I've never seen that in any other cookbook and you know we all run out of things, try to make a recipe and say "Oh no" when it comes to that ingredient that you forgot to replace at the store. Now I know what alternative will work best and I don't have to stop in the middle of making something to run to the store! I think the only way she could have made it any easier for us is for her to have come with the book! LOL The first recipe I went for was the Coconut Butter Fudge! Oh yeah! That is good! The only thing I did different was instead of cutting them into 9 pieces I cut them into 18...now I can have two and not feel guilty! Heehee, like I would really feel guilty...nothing in them to feel guilty about! And that is another thing...growing up my sweet-tooth was fed sugar laden goodies..the more sugary goodies you eat the more you want...never a good thing! With these recipes the sweetness comes in a healthier form...dates, coconut nectar, fruit, maple syrup... and with the fruit's and nut's filling me up I don't feel that need for more...I feel my sweet-tooth is satisfied.Ok, I can go on and on about how great this book is, how delicious the recipes are, how wonderfully written the book & how great the pictures are or how easy Amber has made it for us to choose healthy sweets to make and eat but... I have to get back to my book and decide what I am going to make next! Order this book for yourself..you WON'T be disappointed! YUM!!!!

I am IN LOVE with both of Chef Amber's books, but am particularly pleased with the variety, versatility, and ease of the recipes in the dessert book. I am a mother of a 3 year old and a 3 month old and yet have found no problem in my day to find time to whip up some delish treats from the book. It's a life saver to me as a self-proclaimed chocoholic who had to go 100% dairy free when I realized my baby was sensitive to it in my breastmilk. Even better, my toddler LOVES every dessert

I've made so far which means more good ingredients going into her little body instead of artificial, chemical, sugary junk. Thank you Chef Amber for making both books so easy and welcoming to the world of raw food! It has truly turned around my health and gives me joy to be in the kitchen each day!

French silk pie for under 300 calories a slice? Is this real life?! I am so obsessed with this cookbook, because I can finally indulge my sweet tooth without straying from my healthy diet! This book sticks with the easy-to-follow format of *Practically Raw*, giving the reader options for baking or using a dehydrator for many recipes. When I received it, I was surprised at how many of the basic ingredients I already have on hand. Amber keeps things simple, but always delicious! From ice creams to cakes, there is something for every tastebud in this book, and you'll be introduced to a few new healthy ingredients along the way (for me - coconut flour). I highly recommend this book to anyone like me who loves dessert but doesn't want to pack on the pounds! Check out her first book, *Practically Raw: Flexible Raw Recipes Anyone Can Make*, for tons of savory options. Both of them have really helped me stay on track with my health and weight.

I do not just have "a sweet tooth", I have "sweet teeth." So when my own mother was diagnosed with diabetes, I sort of freaked. I went into my kitchen and threw out all the processed sugary sweets I had. Realizing the next day that 3/4 of my kitchen was gone, and that I had no idea what a healthy dessert consisted of, (cardboard? I had none on hand) I began to scour the internet for a recipe book I could understand and enjoy from, and that's when I came across Amber Shea Crawley. If you are looking for a German chocolate cake so decadent and chocolatey, with the ooey gooey coconut topping, or a shortbread cookie you can eat 4 of and not feel guilty what so ever! (you won't be reaching for a 5th, you'll be too full!) THIS is the book for you. Brownies, cookies and pies OH MY! It's all in there and it's fantastic! I make something from this book every week. A supply of the banana oat breakfast bars is always in my fridge. This amazing author even goes as far as to show you how you can make your own nut butters (have you seen those jars at the store? talk about yikes on the \$\$\$ scale), flours and milks. No cracking coconuts in this book, you're new to naturally sweetened treats, you don't want to stress yourself out too much! All of the ingredients in her recipes are easy to find at your local grocery stores. I was so impressed with her dessert book, which is her second, I went ahead and ordered her first book, "Practically Raw." Do yourself a great favor and order both! You'll thank me later. I will leave off with this note, I do not commit myself to just one type of diet. I am a meat eater, veggie and fruit eater, and a tofu eater. I bought this book

as a way to enhance and enrich my diet and in my personal opinion it has worked. I find myself eating more naturally sweetened treats than any other type, but I'm human and I still indulge. Happy cooking!

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