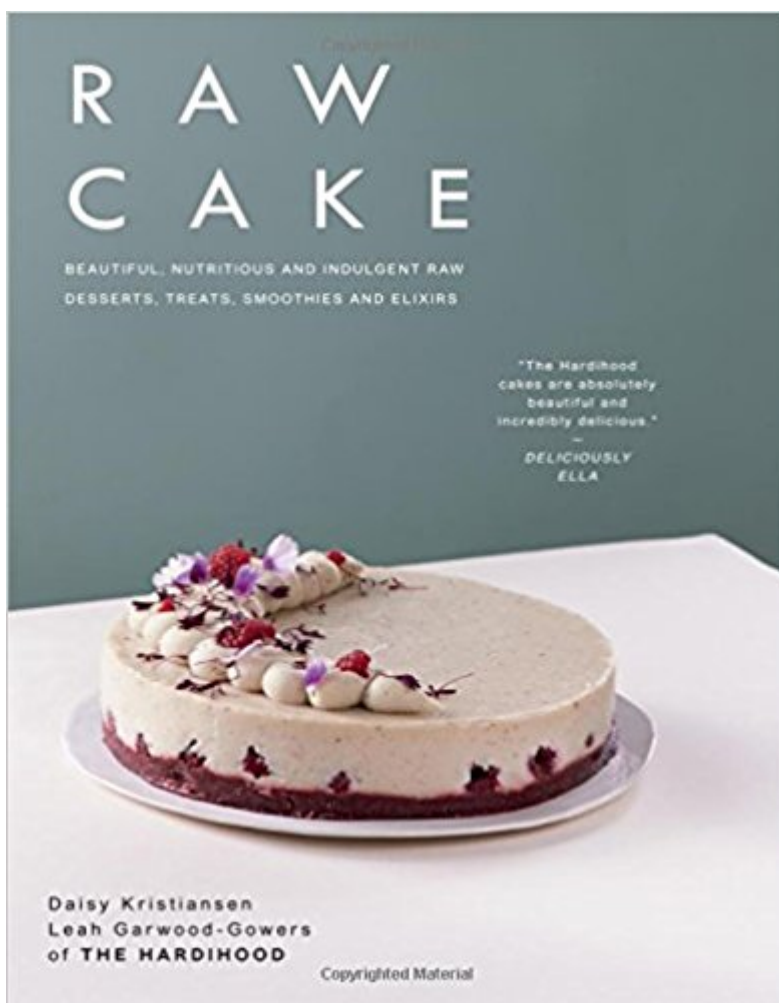


The book was found

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

Hardcover: 192 pages

Publisher: St. Martin's Griffin (March 7, 2017)

Language: English

ISBN-10: 1250117569

ISBN-13: 978-1250117564

Product Dimensions: 7.9 x 0.9 x 255.3 inches

Shipping Weight: 2 pounds (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars 3 customer reviews

Best Sellers Rank: #60,386 in Books (See Top 100 in Books) #28 in Books > Cookbooks, Food & Wine > Cooking Methods > Raw #46 in Books > Cookbooks, Food & Wine > Baking > Cakes #55 in Books > Cookbooks, Food & Wine > Beverages & Wine > Juices & Smoothies

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 – 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!

[Download to continue reading...](#)

CAKE COOKBOOK: The Top 100 Cake Recipes: cake recipes, cake cookbook, cake, cake recipe, cake recipe book, delicious cake recipes (cake recipes, cake ... cake recipe book, delicious cake recipes) Raw Cake: Beautiful, Nutritious and Indulgent Raw Desserts, Treats, Smoothies and Elixirs Smoothies: Everyday Smoothies For Beginners (Smoothie, Smoothies, Smoothie Recipes, Smoothies for Weight Loss, Green Smoothie, Smoothie Recipes For Weight ... Diet)) (healthy food for everyday Book 5) Cake Idea: 101 Photo Inspiration Cake Idea A Picture Guide Book For Wedding Cake, Birthday Cake. A Chocoholic's Chocolate Cake Cookbook: 30 Indulgent and Diverse Sweet & Delicious Chocolate Cake Recipes for any Chocoholic (secret or otherwise!) Raw Vegan Cookies: Raw Food Cookie, Brownie, and Candy Recipes. (Healthy Recipes, Sweet Recipes, Healthy Desserts, Nutritious and Delicious Snacks, Cookies and Bars) Gem Elixirs and Vibrational Healing Volume II (Gem Elixirs & Vibrational Healing) Alkaline Foods: 100% Raw: Easy and Tasty Raw Food Recipes Including Alkaline Salads, Smoothies and Treats! (Weight Loss, Clean Eating, Alkaline Diet Book 2) French Desserts: The Art of French Desserts: The Very Best Traditional French Desserts & Pastries Cookbook (French Dessert Recipes, French Pastry Recipes, French Desserts Cookbook) Raw Food Diet: 50+ Raw Food Recipes Inside This Raw Food Cookbook. Raw Food Diet For Beginners In This Step By Step Guide To Successfully Transitioning ... Vegan Cookbook, Vegan Diet, Vegan Recipes) Best 100 Smoothies for Kids: Incredibly Nutritious and Totally Delicious No-Sugar-Added Smoothies for Any Time of Day Smoothies: 365 Days of Smoothie Recipes (Smoothie, Smoothies, Smoothie Recipes, Smoothies for Weight Loss, Green Smoothie, Smoothie Recipes For Weight Loss, Smoothie Cleanse, Smoothie Diet) Mug Cakes Cookbook: My Top Mug Cake Recipes for Microwave Cakes (microwave mug recipes, microwave cake, mug cakes, simple cake recipes) Cake Decorating: For Beginners! Simple Techniques & Projects To Decorate Cakes, Cupcakes & Cookies (Baking, Cake Decorating, Wedding Cake, Party Planning) Healing Tonics, Juices, and Smoothies: 100+ Elixirs to Nurture Body and Soul Paleo

Sweets and Treats: Seasonally Inspired Desserts that Let You Have Your Cake and Your Paleo Lifestyle, Too Practically Raw Desserts: Flexible Recipes for All-Natural Sweets and Treats What is Raw Foodism and How to Become a Raw Foodist: How to Eat Healthy (New Beginning Book): Raw Food Diet, How to Lose Weight Fast, Vegan Recipes, Healthy Living Raw Foodism: Healthy and Delicious Raw Food Recipes to Get the Advantages of Raw Food Diet! Delicious Desserts: An Adult Coloring Book with Whimsical Cake Designs, Easy Pastry Patterns, and Beautiful Bakery Scenes for Relaxation and Stress Relief

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)