

Flexible Raw Recipes for All-Natural Sweets and Treats



Practically RAW Desserts

Amber Shea Crawley



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The Flexible New Method to Enjoy Natural Desserts! If you're looking for delicious and radiant dessert recipes with optimum flavor and nutrition, after that you'll love Practically Raw Desserts. This innovative dessert cookbook is usually filled with recipes for scrumptious raw cakes, cookies, brownies, pies, puddings, candies, pastries, and frozen treats. The recipes are free from dairy, eggs, gluten, wheat, soy, corn, refined grains, processed sugars, yeast, starch, and additional nutrient-poor ingredients and allow substitutions and variations for a non-raw kitchen. Confetti Birthday Cake Pecan Shortbread Cookies Baklava Blondies Tuxedo Cheesecake Brownies Deep-Dish Caramel Apple Pie Cashew Butter Cups Summer Fruit Pizza? Ideal for beginners as well as seasoned natural foodists, the reserve is jam-packed with delicious, healthy-yet-indulgent treats offering:?? Many recipes are free from grains, oils, nuts, and added sugars as well. Several recipes include oven-baking options, and the others of them are no-bake! This companion book to Practically Natural is filled up with full-color photos throughout and nutritional data, pantry guideline, tips, variants, substitutions, and useful icons with each recipe. In this book, Chef Amber Shea revolutionizes raw desserts with easy substitutions and baking options.



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YUM! :-) Among my passions is collecting cookbooks, and since I've a notorious lovely tooth, I especially like books that concentrate on desserts! I also like exploring raw meals, and Amber's 1st cookbook *Virtually Raw: Flexible Raw Recipes Anyone Can Make* is one of my absolute favorites. When I noticed that she was developing a dessert reserve, I eagerly pre-purchased it -- and am not at all disappointed! Once of the things I love about this publication (and Amber's previous a single) is that she needs the time to teach you about certain elements -- what's good/nutritious approximately them and how they function in a recipe. Now I know what alternative will work greatest and I need not stop in the center of making something to run to the store! Great book! THIS is for you! What's also excellent is how Amber gives ingredient substitution lists for some of the recipes, along with instructions for steps to make a few of the items in an oven if you don't have a food dehydrator (that i don't). Item as described. Easy and delicious! I went into my kitchen and threw out all of the prepared sugary sweets I experienced. cookies, pubs, brownies, cakes, pies, candies, sauces!" That's exactly what I stated after receiving and scanning this book! Sweet-tooth Heaven! (you will not be achieving for a 5th, you will be too full! In all seriousness, though, the substances in every of the dishes are so healthy that eating dessert feels as though you're doing something best for yourself! As I stated in my own review title, this reserve is going to be harmful for my waistline, but it'll be so worthwhile! It has truly turned around my health insurance and gives me joy to be in the kitchen every day! I wanted to add a couple of things to my review. One is that this new book sets two-page recipes on facing pages, so you don't wind up having to turn the page to obtain the second half a recipe. I'm so content that they made this switch, since Amber's first reserve didn't do that. The second thing I needed to add is that a lot of the cookies don't have even to be produced in the oven or dehydrator; you can freeze them for some hours. I'm quickly getting obsessed with all of the yummy treats in this book! Looking towards trying even more delicacies! It looks like about 75% roughly of the quality recipes use nuts, but I don't see any that call for soy products. The main flours that she uses are coconut flour, cashew flour, and almond flour. The only one that she stated you need to use the actual item for is normally coconut flour; you can sub other flours for the nut types. They came together in 5 minutes, and were delicious! "Where to start? Last night, after this arrived, I produced the Almond Butter Melties. Amber has place so much information in this reserve and being not used to eating raw.!. I included my baked item and the recipe book photo so that you can see I in fact made the stuff. Talk about making it easy you! flours, not merely in type but also with amazing pictures! Everything made, so far, has been a achievement. And the recipes.. Item as described. Unless you have got the nut butters, flours, or mylks at the prepared, she also shows you how to easily make sure they are...developing up my sweet-tooth was fed sugars laden goodies. OMG!!! not only like how yummy the dishes sound and look but We also like this if I don't possess what is called for in the recipe Amber helped out giving us many alternatives we could use instead! In this reserve she is showing me/us steps to make our very own milks, butters & I've under no circumstances seen that in any other cookbook and you also know we all run out of things, make an effort to make a recipe and state "Oh no" with regards to that component that you forgot to replace at the shop. She includes tables to assist you determine things like how long to soak types of nuts, and explains things like the difference between coconut essential oil and coconut butter. I believe the only method she could have managed to get any easier for all of us is on her behalf to attended with the book! LOL The initial recipe I proceeded to go for was the Coconut Butter Fudge! Oh yeah! That is good! The only thing I did so different was instead of cutting them into 9 pieces I cut them into 18...now I can have two rather than experience guilty! Heehee, like I

would really feel guilty...nothing at all in them to feel guilty about!And that is another thing.....the more sugary goodies you take in the even more you want.. and with the fruit's and nut's filling me up I don't believe that dependence on more.never a good thing! With these dishes the sweetness come's in a healthier form..." So when my own mother was diagnosed with diabetes, I type of freaked. If you are searching for a German chocolate cake so decadent and chocolatey, with the ooey goeey coconut topping, or a shortbread cookie it is possible to eat 4 of and not feel guilty what so ever! I love that the writer offers a natural and cooked option, too.. Fast service..Many thanks Chef Amber for making both books so easy and welcoming to the world of raw food!Ok, I can go on and on about how exactly great this reserve is, how delicious the recipes are, how wonderfully written the publication & how great the pictures are or how easy Amber offers made it for us to chose healthy sweets to make and eat but... I must make contact with my reserve and decide what I will make next! Even better, my toddler LOVES every dessert I've made so far this means more good substances going into her little body rather than artificial, chemical, sugary junk..you WON'T be disappointed!This book won't be good for my waistline!! You can find so many to pick from and with my sweet-tooth I may be in trouble!The book can be 100% vegan, and doesn't use any honey. Easy & Delicious Raw Recipes... From a mother without time and minimal meals prep skills! I am Deeply in love with both of Chef Amber's books, but am particularly pleased with the variety, flexibility, and simple the recipes in the dessert publication. Don't buy this publication you may be dissapointed. It's a life saver to me as a self-proclaimed chocoholic who acquired to move 100% dairy free when I recognized my baby was sensitive to it in my own breastmilk. Order this publication for yourself.Personally i think my sweet-tooth is satisfied.UPDATE ON 4/6/13: We made two more dishes today -- plus they came out delicious! Five stars!After the introductory section, the first chapter focuses on steps to make your own milks, butters, flours, and syrups. Look forward to making many of these recipies! Thank you so much! The substitution list is particularly helpful for those who have trouble finding certain elements in your area.. Very happy! Fast service. Happy! Five Stars Another great book. Thanks a lot. This is a GREAT book, in that it offers alternative ingredients for ... This is a GREAT book, in that it offers alternative ingredients for the ever-so-elusive, specialty-store-only things that can be popular with raw cuisine.. Want to trim some sugar from your life but nonetheless have that indulgent taste? There are several seriously amazing photos in here -- including a five-sequence shot of the within of a food processor chip to show you what your nut butter regularity should be like. I do not just have "a sweet tooth", I have "sweet tooth.dates, coconut nectar, fruit, maple syrup. She makes a spot of eschewing harder-to-find items like maca or lacuma powder, and rather uses things like nut butters and flours, fresh fruit, cacao powder, etc. Realizing the very next day that 3/4 of my kitchen was gone, and that I got no idea what a healthful dessert consisted of, (cardboard? I had none readily available) I started to scour the internet for a recipe book I could understand and revel in from, and that's when I ran across Amber Shea Crawley..Whether your weakness is cookies, cakes, cobblers, puddings, ice creams, pies, or energy bars -- this book has it all!) THIS is the book for you. Brownies, cookies and pies OH MY! It's all in there and it's excellent! I make something out of this book every week. A way to obtain the banana oat breakfast bars is often in my fridge. This amazing author even goes as far as showing you how you can make your own nut butters (perhaps you have noticed those jars at the store? talk about yikes on the \$\$\$ level), flours and milks. Five Stars I'd like more recipes that have per serving ect. Gross recipes I bake quite a bit and make extremely clean and healthy in the home thus was excited to try out the dishes in this book - each of them LOOK like they'll taste great but so far I've produced the pineapple cake that claimed to put the

real version to shame - it nearly made me puke and We followed the directions exactly. I also made some of the cookies that weren't great but didn't gross me out. I have no idea why this reserve has therefore many rave evaluations I think they must be close friends because I am massively disappointed I payed for this.or healthy, I must say i appreciate just how she makes it so easy for me personally. I am a mom of a 3 year old and a 3 month old and yet have found no problem in my day time to find time to whip up some delish treats from the book.Another best part is that this book purposefully uses ingredients that you most most likely already have on hand if you're using raw cookbooks. Recipes are easily made out of ingredients a raw foodie would likely have readily available. Other raw dessert cookbooks we viewed required several items we hadn't heard of. So much to pick from!Revise ON 4/10/13: Someone asked me personally in the remarks section about the use of soy, nuts, and flours in this book, therefore i thought I'd increase the info from my reply into my review so it's easier to see.



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