



A Piece of Cake: Easy Raw Desserts

Natalie M Prigoone

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Dessert makes us feel good. It can mend a quarrel and forge new friendships. It's perfect to woo a lover or subdue a child. But using sweets as a reward can lead to health troubles... until now.

This book contains 48 Raw dessert recipes that are guilt free because they are healthy.

Raw desserts are suitable for anyone who is following a vegetarian, vegan, paleo, or raw food diet. It's awesome for anyone who can't have dairy or grains and it's especially great if you are trying to cut out processed sugars. Basically, they are great for anyone.

Raw means not cooked which means No Bake. How easy is that? A piece of cake I'd say.

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