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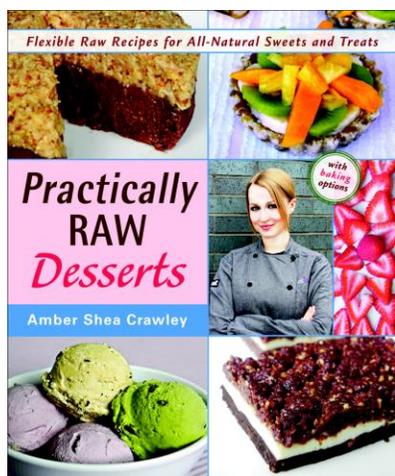
## *Practically Raw Desserts*

**Flexible Recipes for All-Natural Sweets and Treats**

**by Amber Shea Crawley**

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### *Delicious Healthy Desserts for Every Body!*



*Practically Raw Desserts* is filled with easy recipes for scrumptious cakes, pies, cookies, brownies, puddings, candies, pastries, frozen treats, and more. Chef Amber Shea's raw treats are totally 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 oils, nuts, and added sugars.

This innovative cookbook revolutionizes raw desserts with versatile variations, substitutions, and baking options. The recipes also allow for easy adaptation to a non-raw kitchen.

Great for beginners as well as seasoned raw foodists, *Practically Raw Desserts* is jam-packed with delicious, healthy indulgences that include:

- Confetti Birthday Cake
- Pecan Shortbread Cookies
- Baklava Blondies
- Tuxedo Cheesecake Brownies
- Deep Dish Caramel Apple Pie
- Cashew Butter Cups
- Summer Fruit Pizza
- Dark Chocolate Sorbet

Now you can explore raw desserts without special equipment or hard-to-find ingredients. This companion book to *Practically Raw* is filled with full-color photos throughout and provides nutritional data, pantry guide, tips, and helpful icons with each recipe. If you're looking for delicious and vibrant dessert recipes with maximum flavor and nutrition, then you'll love *Practically Raw Desserts*.

#### **About the Author**

Amber Shea Crawley is a chef and writer specializing in healthful vegan and raw food. She was classically trained in the art of gourmet living cuisine at the world-renowned Matthew Kenney Academy, graduating in 2010 as a certified raw and vegan chef. In 2011, she earned her Nutrition Educator certification at the Living Light Culinary Arts Institute. Amber blogs at [ChefAmberShea.com](http://ChefAmberShea.com)

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

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