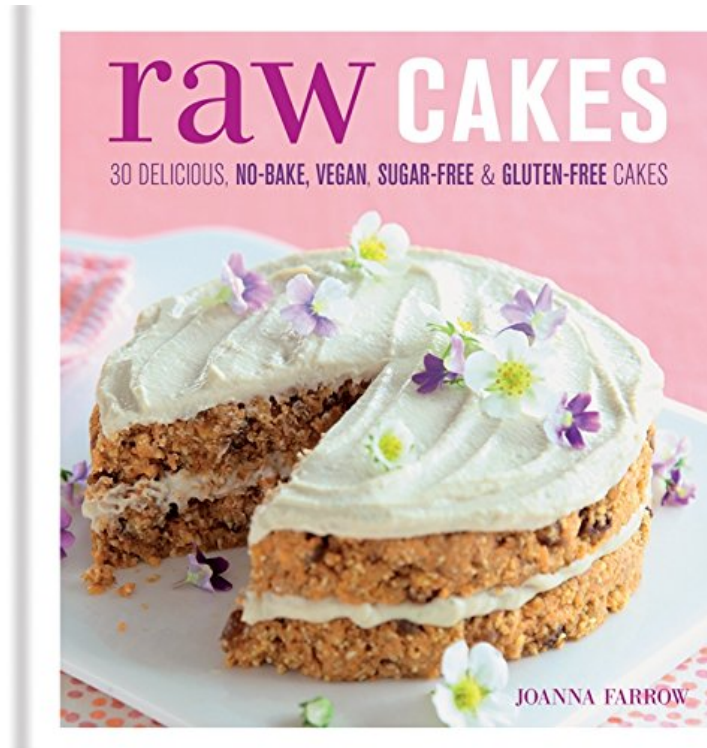


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## Raw Cakes: 30 delicious no-bake, vegan, sugar-free gluten-free cakes

Joanna Farrow

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**Joanna Farrow : Raw Cakes: 30 delicious no-bake, vegan, sugar-free gluten-free cakes** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Raw Cakes: 30 delicious no-bake, vegan, sugar-free gluten-free cakes:

5 of 6 people found the following review helpful. There are some nice recipes in this book By C R Wolf There are some nice recipes in this book, but the title is deceptive. While there is no added white sugar to the recipes, the ingredients rely heavily on things like maple syrup, agave nectar, and the like. Those are sugar, and not allowed for anyone who has to watch their consumption of sweets. If you're simply trying to avoid adding sucrose to your foods, though, then this book has some very interesting ideas.

Free from dairy, sugar and wheat, these cakes are not only good for you, they're delicious too! With recipes for a whole host of cakes, desserts and sweet treats including Carrot Cake with Macadamia Frosting, Salted Caramel Brownies, Raspberry, Rose and Pistachio Semifreddo and Raw Banana Banoffi Pie, this book is perfect for anyone on a special diet - even if you're gluten or lactose intolerant, vegan or diabetic you don't need to miss out on the good things in life. All recipes come with a taste guarantee and are easy to make from readily accessible ingredients, making for truly heavenly, healthy cakes.

About the Author Joanna Farrow loves having fun with her food, having giving cakes and cookies a whole new look in Dress Your Cake and Dress Your Gingerbread. A home economist and food writer, she has also contributed to numerous food magazines and has written a number of other titles, including Ready Steady Cook for Kids, Good Fast Family Food, Cake and Peek-a-boo Cakes.