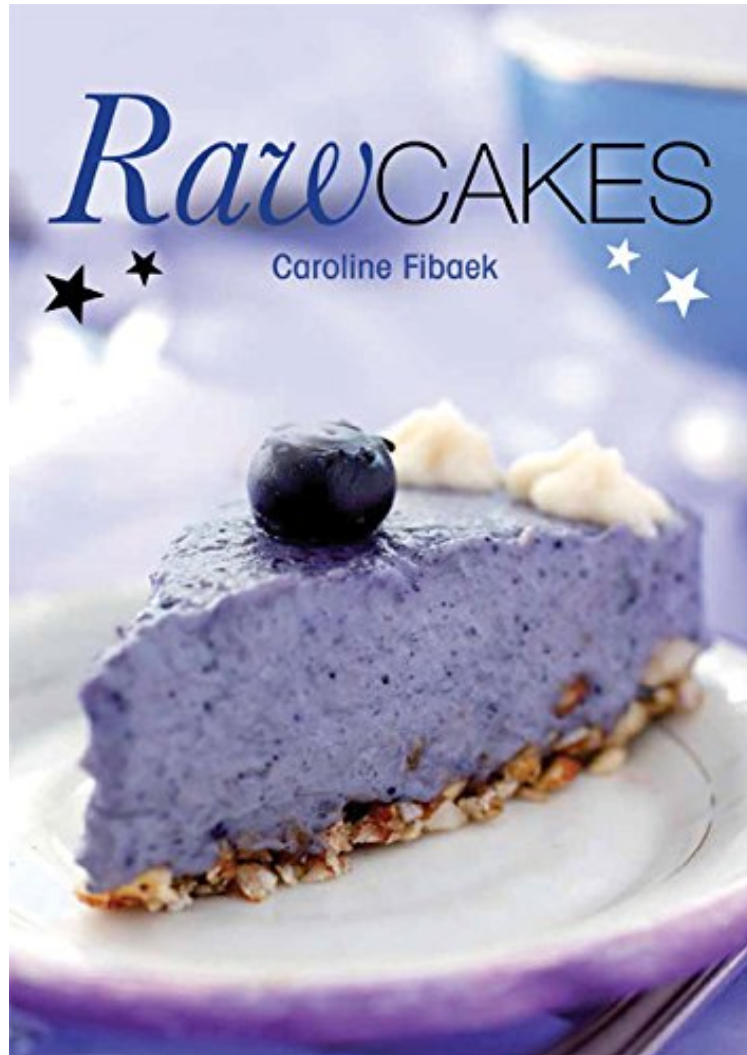


## Raw Cakes

*Caroline Fibaek*

*ebooks | Download PDF | \*ePub | DOC | audiobook*



DOWNLOAD



+

READ ONLINE

#1777488 in Books imusti 2014-12-19Original language:EnglishPDF # 1 9.00 x .47 x 6.00l, .63 #File Name: 1909808164160 pagesGRUB STREET | File size: 32.Mb

**Caroline Fibaek : Raw Cakes** before purchasing it in order to gage whether or not it would be worth my time, and all praised Raw Cakes:

0 of 0 people found the following review helpful. Ok for someone starting out like my 14 year old niece who just turned vegetarianBy samsandradeviOk for someone starting out like my 14 year old niece who just turned vegetarian. For me very disappointing. Way too simple and uninspired. Consumers expect more than what it on offer.0 of 0 people found the following review helpful. Absolutely fantastic raw food book !By roseWow, what an amazing book ! I love all the color photos for each recipe. There are so many incredible recipe choices to make.0 of 0 people found the following review helpful. Five StarsBy WandaGreat recipes and great pictures. Very nice book.

Welcome to the sweet life! This book is for people who want to live healthily, but also love delicious and inviting cakes. For health is not only about diets and guilt. Health is also about having fun and a love of life and the body. All the cakes in this book are based on raw food principles and are completely free of sugar, milk, additives, gluten and animal fats. They are 100% vegan, unheated, natural and bursting with flavor and nutrition. There are tips on how to stop comfort eating and bad and unhealthy habits once and for all. You'll get practical advice on how to fight the craving for sweets, and how you can easily replace the unhealthy, sweet and fatty with healthy, delicious and especially nutritious alternatives. Let health, balance and happiness be your new addiction - because you can really get addicted to feeling good! Raw food expert Caroline Fibaek is a popular lecturer and the author of two bestselling raw books. She has appeared regularly on television programmes such as on Good Morning Denmark and is often featured on the health pages of magazines. She is a qualified Naturopath in Biological Medicine and has trained in anatomy, physiology and pathology, alternative pathology, and psychology. She also works as a consultant for raw food restaurants and cafes (she created the cakes for Denmark's first raw food cafe 42° Raw) as well as lecturing, running workshops and recipe development.

'When I was first introduced to Caroline's work, I was immediately seduced by her beautiful presentation style and her wonderful use of colour. But the more I got to know her, the more I realised the real depth of knowledge and understanding that Caroline has regarding raw foods and holistic living. I have been waiting for her work to be translated into English for quite some time, and am so glad that day is finally here!' Kate Magic, author of Eat Smart Eat Raw  
About the Author Biography: Caroline Fibaek is a popular lecturer and the author of two bestselling raw books. She has appeared regularly on television programmes such as on Good Morning Denmark and is often featured on the health pages of magazines. She is a qualified Naturopath in Biological Medicine and has trained in anatomy, physiology and pathology, alternative pathology, and psychology. She also works as a consultant for raw food restaurants and cafes as well as lecturing, running workshops and recipe development.