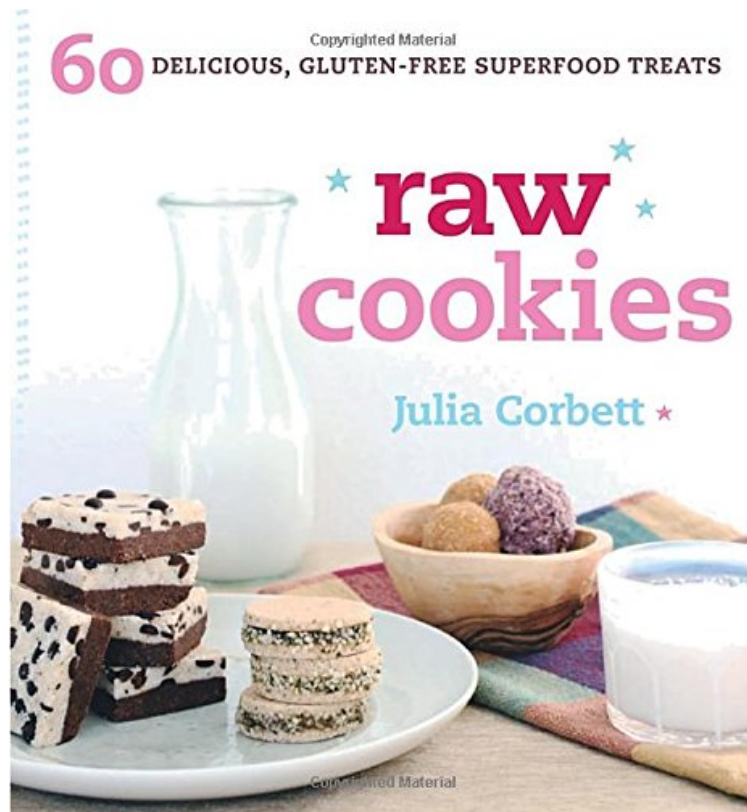


## Raw Cookies: 60 Delicious, Gluten-Free Superfood Treats

Julia Corbett

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**Julia Corbett : Raw Cookies: 60 Delicious, Gluten-Free Superfood Treats** before purchasing it in order to gage whether or not it would be worth my time, and all praised Raw Cookies: 60 Delicious, Gluten-Free Superfood Treats:

10 of 11 people found the following review helpful. Too many special ingredients for even a seasoned rawbieBy LKI admit, I have not yet made any cookies from this book. My review is subject to modification once I do. I just received the book and I realise Jennifer states you do not need to use all the special superfoods she lists in the recipes. HOWEVER, with this being said, without the superfoods, and they are exotic, even for someone who is used to raw and the ingredients, I would need to omit over 5 ingredients and more in many of the recipes without having to special order all of these special powders, honeys, etc. So for now I'm giving it an okay review. Okay, since my wallet is not pleased with the idea of spending so much money on the ingredients to come even close to making these recipes the way they were meant to be made. You never know, maybe I'll splurge. But with a dog, 4 cats, 12 birds and a toddler to care for and feed well, I doubt it...5 of 5 people found the following review helpful. Easy to make cookies, excellent bookBy Malena CorbettI love these cookie recipes! The cookie recipes are healthy, quick simple to make, and are delicious. I have already made several cookies from this book and my favorite so far is the strawberry oat thumbprints, I could eat these cookies every day.0 of 0 people found the following review helpful. love cooking, and have never been a huge fan ...By Rachael YoungI read a lot, love cooking, and have never been a huge fan of cook books. But I LOVE this book! The creations are fantastic, and incorporate herbal and raw ingredients. I use this book all the time

for potlucks and parties, and everybody gets excited about my "magic" desserts. I'd be happy to read and review other books, my contact is [superfoodleather@gmail.com](mailto:superfoodleather@gmail.com).

Raw Cookies presents sixty recipes for tasty, superfood-packed raw cookies—ideal for raw foodists, those on a gluten-free diet, and anyone wanting to follow a more health-conscious lifestyle. Using a base of nuts and fruits and incorporating superfoods and adaptogenic herbs such as chaga, chia seeds, and goji berries, these treats are perfect for those wanting to sneak some healthy foods into their (or their family's) diet. Corbett skillfully pairs flavors in order to create unique, yet familiar combinations; her popular Lucuma Cookie Bites, for example, take advantage of the maple-like flavor of lucuma (a South American fruit) to create a raw treat that tastes remarkably like maple shortbread—but also packs a powerful punch of niacin, iron, and beta carotene! Recipes are grouped into categories by base ingredient; in each section, Corbett provides a base recipe readers can use to improvise and create their own favorite superfood combinations. Beautiful full-color photographs accompany each easy-to-follow recipe, which require little prep work and no dehydrator or other specialty equipment. Eating healthy has never been so delicious! [Table of Contents](#)  
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"Julia Corbett's Raw Cookies delivers essential superfood alchemical knowledge. The recipes within these pages cover all the basics and all the superfoods—cacao, chaga mushroom, camu camu berry, coconut, and many, many more. Raw Cookies is a brilliant addition to your health and healing menu and library."—David "Avocado" Wolfe, author of *Superfoods and Longevity Now* "The talented dessert chef Julia Corbett is in a league of her own. Her innate ability to create edible art can be seen in all her creations. From cookies to pies, her recipes merge wholesome ingredients with nutrient-rich superfoods and fill the palate with joy."—Frank Giglio, chef, contributor to *Clean Eats: Over 200 Delicious Recipes to Reset Your Body's Natural Balance and Discover What It Means to Be Truly Healthy* "Decadent and delicious! Julia's new book demonstrates that you can have your cake and eat it too. Her mouthwatering creations celebrate the beauty of real food that will be enjoyed by the whole family." —Nadine Artemis, creator of *Living Libations* and author of *Holistic Dental Care: The Complete Guide to Healthy Teeth and Gums* About the Author Julia Corbett is a superfood dessert chef and owner of Diviana Alchemy, a raw food dessert company that she developed in 2009. Corbett currently teaches raw food workshops on the West Coast and Canada. Her website is [www.divianaalchemy.com](http://www.divianaalchemy.com).