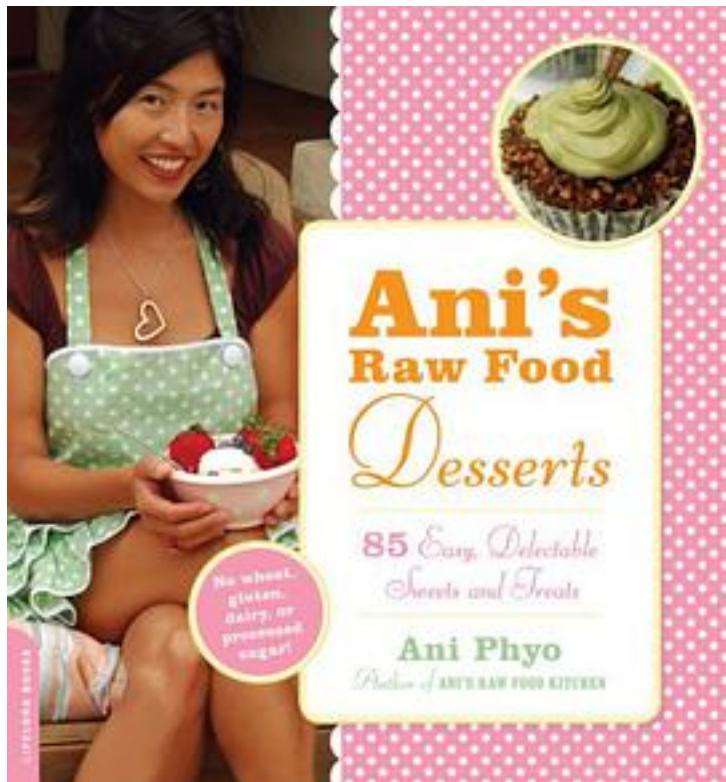


# Ani's Raw Food Desserts



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著者:Ani Phyo

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You can have your cake and eat it too with Ani Phyo's innovative, delicious desserts. From cobblers to cookies, pies to cupcakes, Chef Ani's easy-to-make sweets are wheat-free, gluten-free, dairy-free, processed sugar-free, and cruelty-free. Deceptively simple, these treats pack loads of flavor and nutrition in every bite. Substituting these mouthwatering desserts for traditional baked ones will give your body much-needed nutrients while sacrificing none of the flavor. With lists of essential tools, key ingredients (including superfoods" that enhance flavor and nutrition), full-color

photos, and gorgeous design, Ani's Raw Food Desserts proves you don't have to sacrifice taste or style to reap the benefits of raw foods. With recipes for: Raspberry Ganache Fudge Cake, Lemon Pudding Filled Coconut Cupcakes with Shaved Coconut Topping, Mango Sorbet on Macaroon Tartlets, Chocolate Crunch Cupcakes with Molten Mint, Fig Tartlets with Frangipane Cream, Oatmeal Raisin Cookies, Mulberry Pecan Cookies, Spiced Blueberry Cobbler, Pear Ginger Crisp, Nectarine-Raspberry Crumble, and Filled Chocolate Truffles.

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