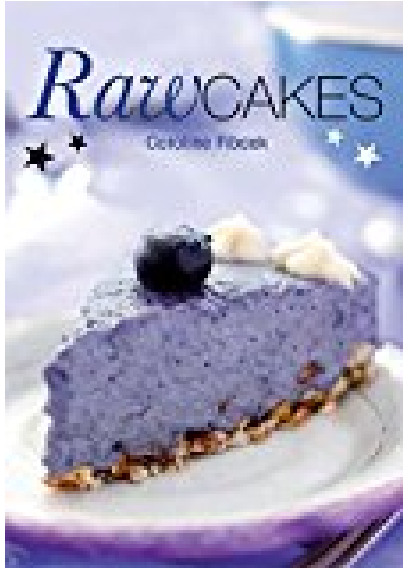


# Raw Cakes

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## BOOK DETAILS

- Author : Caroline Fibaek
- Pages : 160 Pages
- Publisher : Grub Street Cookery
- Language : English
- ISBN : 1909808164

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## BOOK SYNOPSIS

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.

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