

Pana Chocolate The Recipes Raw. Organic. Handmade. Vegan.



BOOK DETAILS

- Author : Pana Barbounis
- Pages : 192 Pages
- Publisher : Hardie Grant
- Language : English
- ISBN : 1743792549



BOOK SYNOPSIS

The Hardihood was set up by long-time friends Leah Garwood-Gowers and Daisy Payne to prove that eating healthy desserts does not mean compromising on taste or beauty. Their range of handcrafted raw confectionery feature on their popular Instagram feed and comprise all natural ingredients and are completely free from refined sugar, gluten, wheat, dairy and soya. Raw Cake is a highly stylized guide to making beautiful, raw desserts that appeal to everyone. Fully illustrated and with one hundred recipes - from pistachio donuts to cookie dough ice cream, toffee cacao cheesecake to salted caramel crunch bars - and packed with food styling techniques, Raw Cake will help you to create sensational-looking healthy cakes and embrace what makes your body happy.

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