

Love Fed: Purely Decadent, Simply Raw, Plant-Based Desserts

Christina Ross

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So you're a raw-food devotee, a vegan, or maybe even a beegan (you make exceptions for honey), and fresh fruit just doesn't strike you as the most indulgent finale to your special meals. Well, sweet toothers, don't despair. In her *Love Fed* cookbook, Christina Ross reveals an extraordinary assortment of the most delectable raw desserts, from puddings and popsicles to pastries worthy of front-window placement in a Parisian bakery.

Ross created the Southern California vegan dessert line PatisseRaw and is a popular food blogger. Her cookbook contains all the information you need to assemble an enviable raw plant dessert pantry, from Irish moss to matcha powder. Next up is a chapter on how to make the sauces, creams, crusts, and butters that are the foundation of these beautiful confections. Then it's off to the recipes for such succulent creations as Blueberry Coconut Dreamsicles, Boston Cream Cups, Banana-Toffee Pie, and Ross's bestseller, Most Favored Raspberry Macadamia Cake.

RACHEL JAGARESKI (Summer 2015)

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