

RAW & SWEET



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Rått & sött

Lamyai Vozzi & Aidah Samphani

200 x 248, 128pp

Impress your guests with fantastic raw food desserts!

Teach yourself to make pastries, cakes, cookies and desserts that are as tasty as they are nutritious! This is luxury and pleasure for those of us who enjoy healthy eating and/or are vegan, or simply want the good things in life!

In their second book the sisters Lamyai and Aidahoss bring us an irresistible world of sweets. In this book we get to share their delicious raw food desserts, made from scratch from raw, natural, unprocessed and ecological staples. With these recipes you eat as much with your eyes as with your mouth!

Have a taste!

- Naturally free from gluten, white sugar and processed foods
- Vegan
- Maximum nutrition with raw food



About the authors

The sisters **Lamyai** and **Aidahoss** together run the *Cashew vegan kitchen* in Lund and last autumn made a success with their book *Vegan street food*. In this follow-up they let the desserts do all the talking. Here are recipes/sweets for every occasion, everyday and festive events. All are vegan and raw of course, starting from the top with natural, unprocessed and ecological raw produce.

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