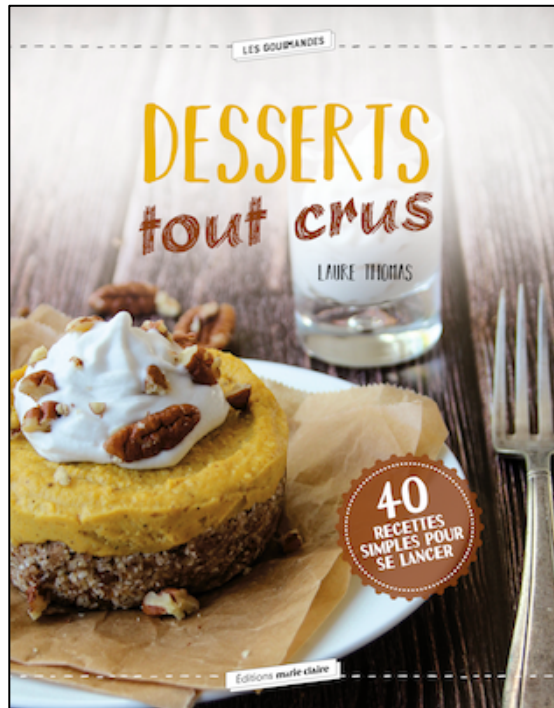


# Raw Desserts

*40 good and healthy recipes*

*April 2019*



## Synopsis:

Benefits of raw food are no longer to prove: less caloric, with less fat, rich in fibres and in nutrients ; raw food brings vitality, energy and allows to regulate weight. Laure Thomas invites her readers to savour 40 recipes of delicious desserts without complex. In opposition to the common belief, readers will discover that raw desserts are accessible to everybody, including beginners!

## Content:

- The non-guilty pleasures
- The revised classics
- Snacking

**The Author:** **Laure Thomas** comes from Brittany (Lorient). She is passionate about cooking since she was 11 year-old. She created a blog (« Bretonne à tout prix » : <http://bretonneatoutprix.hautetfort.com>) in 2013 to share her recipes. She is the author of *Brunches and Breakfasts*, that will also be published in 2019 with Marie Claire Books.

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