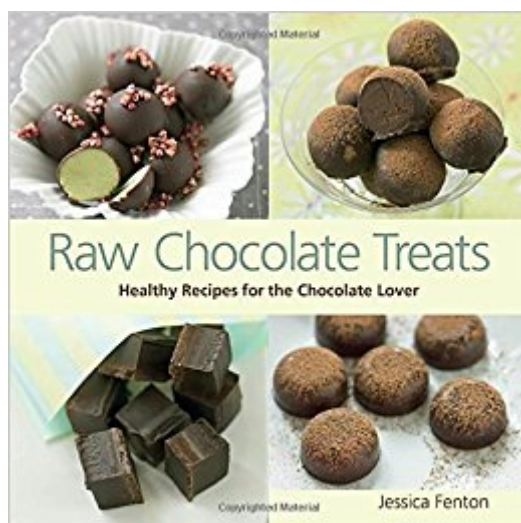


The book was found

Raw Chocolate Treats: Healthy Recipes For The Chocolate Lover



Synopsis

Jessica Fenton introduces the delicious flavors, health benefits, and versatility of raw chocolate in this beautifully illustrated and informative recipe book. Dispelling the common myth that chocolate is unhealthy, these easy-to-follow recipes for drinks, cookies, cakes, candies, desserts, and party food offer tantalizing ways to boost anti-oxidants and improve overall health. A comprehensive introduction to raw chocolate, from its history to its abundant nutritional benefits, shows why it is becoming an increasingly popular alternative to junk food. For those who want all the benefits of chocolate without the downside—calories, fat, and sugar—*Raw Chocolate Treats* opens a new world of healthy enjoyment. In addition to the recipes, the book includes a wealth of resource material such as a section on health benefits, a guide to ingredients, and a discussion of equipment. The author provides numerous kitchen tips and a code that indicates the skill level required for each recipe. As diabetes and obesity reach epidemic proportions, millions are looking for alternatives to desserts and sweets that are high in sugar and fat. This book makes a strong case for the health benefits of raw chocolate, which has 7x the antioxidants of dark chocolate. The author explains the powerful medicinal and health benefits of raw chocolate, including that it's one of the highest food sources of magnesium, can reduce blood pressure, aids in liver detoxification, and has no cholesterol. The recipes contain only trace amounts of caffeine and are suitable for vegetarians, vegans, raw foodists, people with diabetes or hyperglycemia, and those on a low-calorie, gluten- and sugar-free diet.

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Book Information

Hardcover: 96 pages

Publisher: North Atlantic Books (September 30, 2014)

Language: English

ISBN-10: 1583948813

ISBN-13: 978-1583948811

Product Dimensions: 9 x 0.7 x 9 inches

Shipping Weight: 1.4 pounds (View shipping rates and policies)

Average Customer Review: 3.5 out of 5 stars See all reviews (2 customer reviews)

Best Sellers Rank: #718,628 in Books (See Top 100 in Books) #159 in Books > Cookbooks,

Food & Wine > Cooking by Ingredient > Chocolate #290 in Books > Cookbooks, Food & Wine >

Cooking Methods > Raw #1868 in Books > Cookbooks, Food & Wine > Desserts

Customer Reviews

Raw Chocolate Treats: Healthy Recipes for the Chocolate Lover is a beautiful cookbook by Jessica Fenton. One thing that you need to know at the beginning is that so many of the recipes require a dehydrator power blender. I have a powder blender but not a dehydrator. That information was not in the blurb about this book. I am also waiting for some tests to come back which may indicate that I have to cut down on magnesium and therefore limit raw chocolate! The book is very well organized and there are lovely photos of the tempting but healthier chocolate recipes. The author gives a short history of the history of raw chocolate, then she goes into the health benefits. I have diabetes, type II so I was very interested in that. There is an informative list of ingredient in the recipes and when to avoid eating raw chocolate. She also has a section devoted to the equipment you need and a way to substitute your oven for a dehydrator however there are drawbacks to that. She also has a skill level post for each recipe. The recipes ranges from drinks and shakes, to truffles, caramels, tortes, cookies and ice cream sandwiches. The instructions are clear and easy to follow. It is a great cookbook for people who love chocolate and want to eat healthier. I received this book from the publishers as a win from FirstReads but that in no way influenced my thoughts or feelings in this review.

So um yeah...the recipes in this book do not look or sound appetizing at all. First, I must admit, I am NOT a vegan. However, I am a big proponent of non-processed food, organic, non-gmo, cooking

from scratch and often make vegan or vegetarian meal. Needless to say, I was excited to check this one out and was sorely disappointed. That being said, this may just not have been my cuppa, so it get's an "ok" rating from me.

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