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Desserts Au Naturél

Wheat Free, Gluten Free, Dairy Free and Refined Sugar Free Desserts!

And who doesn't have a sweet tooth now and again? Raw desserts are ideal for anyone who loves sweets but wishes to avoid refined carbohydrates and sugars, dairy products, and unhealthy fats. Any dessert you can make cooked - pies, tarts, ice cream, cookies and candies - you can make raw. Your friends and family will never know that these desserts are raw and healthy, since they taste as rich and sweet as their traditional counterparts.

- * How to make gourmet truffles within minutes.
- * The secret ingredient in raw chocolate mousse that replaces butter, cream, and eggs.
- * How to easily make a dairy free cheese cake.

MENU: Heavenly Almond Cinnamon Truffles, Chocolate/Strawberry Mousse,

Black Forest Chocolate Cheesecake