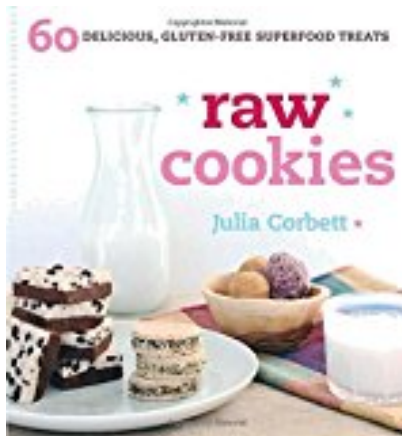


# Raw Cookies 60 Delicious Gluten-Free Superfood Treats

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## BOOK DETAILS

- Author : Julia Corbett
- Pages : 200 Pages
- Publisher : North Atlantic Books
- Language : English
- ISBN : 158394821X

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## BOOK SYNOPSIS

Raw Cookies presents sixty recipes for tasty, superfood-packed raw cookies—ideal for raw foodists, those on a gluten-free diet, and anyone wanting to follow a more health-conscious lifestyle. Using a base of nuts and fruits and incorporating superfoods and adaptogenic herbs such as chaga, chia seeds, and goji berries, these treats are perfect for those wanting to sneak some healthy foods into their (or their family's) diet. Corbett skillfully pairs flavors in order to create unique, yet familiar combinations; her popular Lucuma Cookie Bites, for example, take advantage of the maple-like flavor of lucuma (a South American fruit) to create a raw treat that tastes remarkably like maple shortbread—but also packs a powerful punch of niacin, iron, and beta carotene! Recipes are grouped into categories by base ingredient; in each section, Corbett provides a base recipe readers can use to improvise and create their own favorite superfood combinations. Beautiful full-color photographs accompany each easy-to-follow recipe, which require little prep work and no dehydrator or other specialty equipment. Eating healthy has never been so delicious! Table of Contents Introduction - Tools and Ingredients Section 1 - Coconut-Based Cookies Section 2 - Cacao-Based Cookies Section 3 - Nut-Based Cookies Section 4 - Seed-Based Cookies Section 5 - Raw Butter Cookies Section 6 - Fruit-Based Cookies Section 7 - Frostings and Presentation Resources

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