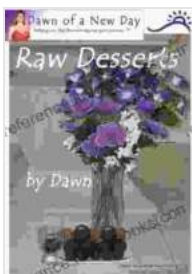


# Dawn of a New Day Raw Desserts: A Comprehensive Review

Dawn of a New Day Raw Desserts is a cookbook that offers a collection of over 150 raw dessert recipes that are both delicious and nutritious. The recipes are all gluten-free, dairy-free, and refined sugar-free, and they use only whole, unprocessed ingredients. This makes them a great option for people who are looking for healthier dessert options, or for people who have dietary restrictions.



## Dawn of a New Day Raw Desserts by Allie Allen

★★★★★ 5 out of 5

Language : English  
File size : 189 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 54 pages  
Lending : Enabled



## Overview of the Recipes

The recipes in Dawn of a New Day Raw Desserts are divided into several chapters, including: Fruit-Based Desserts, Nut-Based Desserts, Chocolate Desserts, and Special Occasion Desserts. Each chapter features a variety of recipes, from simple to more complex. There are recipes for classic desserts, such as chocolate cake and ice cream, as well as more unique desserts, such as raw fruit tarts and cashew-based cheesecakes.

One of the things that makes Dawn of a New Day Raw Desserts unique is its focus on using whole, unprocessed ingredients. This means that the recipes do not contain any refined sugars, flours, or processed oils. Instead, they use natural sweeteners, such as honey and maple syrup, and whole grains, such as quinoa and buckwheat.

Another thing that sets Dawn of a New Day Raw Desserts apart is its emphasis on nutrition. The recipes are all designed to be nutrient-rich, and they use ingredients that are known for their health benefits. For example, many of the recipes contain fruits and vegetables, which are packed with vitamins, minerals, and antioxidants.

### **The Author's Approach to Raw Desserts**

The author of Dawn of a New Day Raw Desserts, Emily Colicchio, is a certified raw food chef and nutritionist. She has a passion for creating delicious and nutritious raw desserts, and she believes that raw desserts can be a part of a healthy lifestyle.

Colicchio's approach to raw desserts is based on the belief that food should be nourishing and healing. She uses whole, unprocessed ingredients in her recipes, and she avoids using refined sugars, flours, and processed oils. She also believes in the importance of balance, and she strives to create desserts that are both satisfying and healthy.

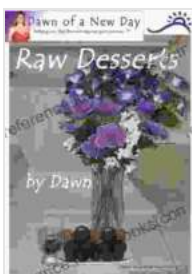
### **Assessment of the Book**

Dawn of a New Day Raw Desserts is a well-written and comprehensive cookbook that offers a variety of delicious and nutritious raw dessert recipes. The recipes are easy to follow, and they use ingredients that are

readily available. The book also includes a helpful that provides an overview of the author's approach to raw desserts.

One of the strengths of Dawn of a New Day Raw Desserts is its focus on using whole, unprocessed ingredients. This makes the recipes a great option for people who are looking for healthier dessert options, or for people who have dietary restrictions.

Another strength of the book is its variety of recipes. There are recipes for classic desserts, such as chocolate cake and ice cream



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## Book Review: In Controluce Scatti Di Epilessia

In Controluce Scatti Di Epilessia Author: Elisa Serafini Publisher: Postcart Edizioni Publication Date: 2019 ...



## The Little Red Book of Running: A Comprehensive Guide to the World's Most Popular Sport

Running is one of the most popular sports in the world. It's a great way to get fit, lose weight, and relieve stress. But if you're new to...