



**Sayuri's Raw Dream Sweets: All-hit delicious  
guilt-free, dairy-free, gluten-free and white sugar-  
free raw sweets! (Sayuri's Raw Food cookbook)**

*Sayuri Tanaka*

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# Sayuri's Raw Dream Sweets: All-hit delicious guilt-free, dairy-free, gluten-free and white sugar-free raw sweets! (Sayuri's Raw Food cookbook)

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Welcome to the best raw food introduction! If you are new to raw food, or are already enticed by raw foods and want to introduce its wonderful benefits to your loved ones and family, yes, raw sweets are the perfect start because they are simply by far more delicious, healthy, nutritious, and charged full of enzymes and love?

Isn't it like a dream come true that all these fancy desserts are made without animal products, wheat, or white sugar and all the muffins and cookies are made without baking! Banana pancakes, muffins, crepes, banana bread, fig compote, jam, "cream cheese," "Nutella," vanilla whippy cream, delicate mousses and puddings, serious cakes and crumbles, tiramisu, doughnuts and frostings, a variety of cheesecakes with swirls, dreamy yummy pies, cookies and biscuits, chocolates and truffles, "snickers bars" and fudges, superfood power bliss balls, delicious ice creams and banana splits—all dairy-, wheat- and white-sugar free! It's almost too good to be true but these desserts do exist! This book is for all the sweets lovers who want to fully enjoy and indulge in desserts without worrying about gaining weight, (oops, depend how much you eat though :)

The words from the world yogis...

To make delicious and nutritious raw food is a great skill. Sayuri, however, accomplishes this and takes it to another level—art. Everything she creates—including this book—she infuses with beauty, grace, and her infectious smile. If we can glean even a little of her joy in food, we will be smiling too.

-by Daniel Aaron, director of Radiantly Alive Yoga Studio, Bali

I still remember the excitement when I first tried her food. Not only beautiful, colorful presentation and creativity, her food always fills me with joy, contentment and deep love. Her food teaches me the importance of good nourishing food and the joy of eating & preparing. May more & more people be nourished their heart with her food!

-by Aki Tsugawa, Ashtanga teacher, Japan

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#### **Noel Stevens:**

Nowadays reading books become more and more than want or need but also turn into a life style. This reading habit give you lot of advantages. The huge benefits you got of course the knowledge the actual information inside the book in which improve your knowledge and information. The details you get based on what kind of e-book you read, if you want send more knowledge just go with education books but if you want experience happy read one together with theme for entertaining such as comic or novel. The actual Sayuri's Raw Dream Sweets: All-hit delicious guilt-free, dairy-free, gluten-free and white sugar-free raw sweets! (Sayuri's Raw Food cookbook) is kind of guide which is giving the reader unstable experience.

#### **Gregory Richards:**

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#### **Willie Isaac:**

A lot of people always spent their particular free time to vacation or perhaps go to the outside with them family members or their friend. Did you know? Many a lot of people spent many people free time just watching TV, or playing video games all day long. In order to try to find a new activity that is look different you can read a new book. It is really fun for you. If you enjoy the book which you read you can spent all day every day to reading a e-book. The book Sayuri's Raw Dream Sweets: All-hit delicious guilt-free, dairy-free, gluten-free and white sugar-free raw sweets! (Sayuri's Raw Food cookbook) it is extremely good to read. There are a lot of people that recommended this book. These people were enjoying reading this book. Should you did not have enough space bringing this book you can buy often the e-book. You can m0ore effortlessly to read this book from a smart phone. The price is not to fund but this book features high quality.

#### **Doris Blair:**

Playing with family within a park, coming to see the water world or hanging out with buddies is thing that usually you could have done when you have spare time, in that case why you don't try issue that really opposite from that. One activity that make you not sense tired but still relaxing, trilling like on roller coaster you are ride on and with addition of knowledge. Even you love Sayuri's Raw Dream Sweets: All-hit

delicious guilt-free, dairy-free, gluten-free and white sugar-free raw sweets! (Sayuri's Raw Food cookbook), you could enjoy both. It is excellent combination right, you still want to miss it? What kind of hang-out type is it? Oh seriously its mind hangout people. What? Still don't understand it, oh come on its called reading friends.

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