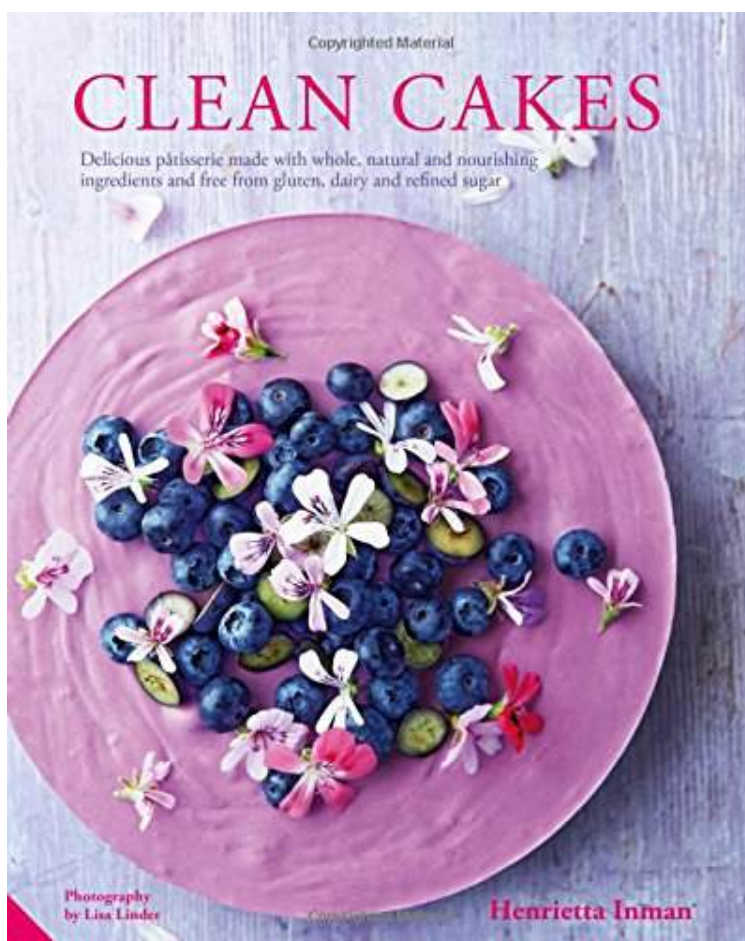


(Library ebook) Clean Cakes: Delicious patisserie made with whole, natural and nourishing ingredients and free from gluten, dairy and refined sugar

Clean Cakes: Delicious patisserie made with whole, natural and nourishing ingredients and free from gluten, dairy and refined sugar

By Henrietta Inman

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48 of 49 review helpful Beautiful but By J Poe I had been eyeing this book for some time before I finally purchased it in the hopes that I would be able to make myself a wholesome birthday cake as I have been trying to only eat whole foods clean in an effort to get healthy I was a bit disappointed because this book wasn't exactly what I expected I don't know that my complaints are necessarily what everyone might con Clean Cakes is the ultimate cookbook for anyone who enjoys baking as well as experimenting with new and alternative ingredients It provides a wealth of ideas for cooking everything from spectacular cakes energy boosting muffins and wholesome loaves to stunning raw desserts and scrumptious tarts and pies with distinctive flavour combinations and original twists on established classics It will prove invaluable for anyone who for health or lifestyle rea If anyone can square the fashion cake circle it's the 28 year old Lanesborough trained pastry chef Henrietta Inman Inman's recipes are free of dairy gluten and refined sugar but most importantly they are delicious To my mind Inman's blueberry

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