



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

Henrietta Inman

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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 reasons wants to eliminate gluten, dairy or refined sugar from their diet but who still wants to satisfy their sweet tooth and create their own nutritious guilt-free masterpieces.

Henrietta Inman embraces nutritious whole food ingredients that are unprocessed, unrefined, natural, seasonal and local wherever possible. The first section shows how to stock your *Clean Cakes* larder, as well as including foundation recipes such as cashew cream and homemade chocolate and jam. Next come over 80 beautifully photographed recipes, from rich chocolate brownies, a show-stopping courgette, basil, lime and pistachio layer cake and raw desserts to alkalizing spirulina omega mix bars, spectacular fruit pies and enticing savoury tarts. These recipes are for everyone and show that cooking healthily doesn't have to mean compromising on flavour.

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