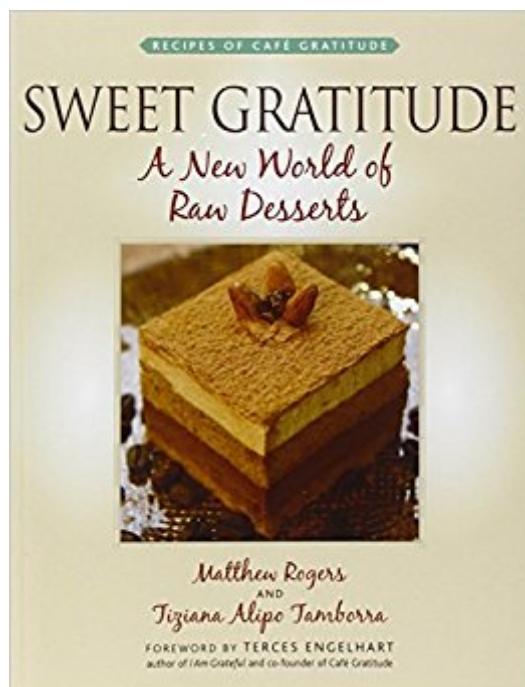


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# Sweet Gratitude: A New World Of Raw Desserts



## Synopsis

Sweet Gratitude is a cookbook with a message: raw desserts aren't only healthier for both people and the planet, they can also be every bit as tasty—indeed, sinfully so—as their mainstream counterparts. Tiziana Tamborra and Matthew Rogers, both master dessert chefs at the pioneering San Francisco-based CafÃ© Gratitude, present a tantalizing table of after-dinner or any-occasion delights. Illustrated with gorgeous color photographs, the recipes range from simple and quick to advanced and detailed, showing how versatile commonly used fruits and nuts are for whipping up innovative and beautiful desserts. Providing authoritative information on techniques and specialty ingredients, and emphasizing the seasonal and the regional, Sweet Gratitude contains fresh takes on old favorites like pumpkin pie and tiramisu, as well as ingenious new creations like Pomegranate Fig Tart, Brazil Nut Chocolate Ganache, and Shortbread Thumbprint Cookies with Goji Berry Jam. Ideal for anyone looking for healthier dessert choices as well as a valuable resource for people with special dietary needs including those who cannot consume dairy, gluten, or refined sugar, Sweet Gratitude shows readers how to craft what may be the most elusive item in the culinary canon: the guilt-free dessert!

## Book Information

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## Customer Reviews

“Whenever I have the opportunity to visit CafÃ© Gratitude, I am usually so overwhelmed by the joy and wonder of the dessert menu that I literally skip my meal and just have one or more of the delicious raw, organic desserts.” David Wolfe, author of The Sunfood Diet Success System, Naked Chocolate, and Amazing Grace and founder of Sunfood Nutrition

The recipes in Sweet

Gratitude can seem involved at firstâ "they may entail learning to use unfamiliar ingredients such as Irish Moss (a sea vegetable) or learning to create your own liquid vanillaâ "but once youâ ™ve learned the techniques, the recipes arenâ ™t as complex as they first seemed and the results are oh so worth it. With regular desserts, you can expect only sin and guilt from your indulgence, but with these recipes you get living enzymes, protein, and healthy fats. I've been blown away by every recipe Iâ ™ve tried.â •â "Spiritualitea.com â œForget that these are the healthiest desserts you will ever eat. Matthew and Tiziana have taken their genius and put it into a collection of the most creative, delicious, purely decadent, over-the-top-amazing recipes Iâ ™ve had the pleasure to eat and admire!â •â "Elaina Love, founder of Pure Joy Planet, executive chef and co-owner of CafÃ© Soulstice â œThese recipe are alive with love, charm, and true passion for life!â •â "David and Cynthia Briscoe, co-founders of Macrobiotic America â œThe format of the book is built like a self-help book but with the comforts of foodâ |This is truly an inspirational and educational book I enjoyed reading from cover to cover.â •â "OrganicTaste â œThe recipes are entirely raw, packed with nourishment, with no compromise in flavor, texture or beautyâ |â •â "Breathe Deep Productionsâ œSweet Gratitude is amazingâ | Many easy-to-follow recipesâ | they all look fab!â •â "Vegan Raw Ranch â œâ |When I saw this festive pomegranate cheesecake in the raw recipe book Sweet Gratitude, I knew I found the perfect holiday inspired cheesecake.â •â "Raw Epicureanâ œ[Sweet Gratitude is] an uplifting book with a holistic approach to well being and foodâ |I do recommend this book without reservation. I think anyone interested in healthy eating should have this in their collection.â •â "Eco Mamaâ ™s Guide to Living Green

Matthew Rogers is a longtime food and nutrition enthusiast and chef. He has been teaching classes in how to make raw desserts since 2006. He lives in San Francisco. Award-winning chef Tiziana Alipo Tamborra has baked for the Kushi Institute, Taste of Health macrobiotic cruises, and other prestigious venues. She lives in Oakland, CA.

This book has the best dessert recipes I've tried from over a dozen books in my collection! I agree with prior reviewers - some of the recipes take quite a bit of preparation, and you must have certain tools to do them well - for example, a very good scale, an understanding of how to measure (both dry and liquid), and the money necessary to prepurchase some ingredients that you will not easily find from local stores; you will likely be forced to use the Internet to purchase things like Irish Moss and other ingredients. Many recipes take more than a day of prep, and then some post-time like gelling. It's not likely that you will make and serve these things in the same day. But many of the

desserts are well worth the prep and wait time! This being said, the desserts are amazing - the best I've tried. Having tried 5-6 so far, they are incredible. You will not believe that they aren't using cooked ingredients - the structure and tastes are very well done (ex: lemon merengue, apple pie, several of the cakes). The accompanying photos help a lot to see how the creation might look if you followed it the authors way, you can, of course, mix things up and change the appearance to suit your own guests. I consider this the book to use when one has company over and you are looking to put on a quality meal/show. While we do use it occasionally for everyday eating, it's a lot of work to throw it together for a family of 3. This is the type of book that will convert people to the raw food way in a most enjoyable way. I am still looking for that 'chocolate chip cookie recipe' to die for. This book does not have one that rivals the best baked ones I am used to. Might have to create one and send it in... ;)

If you are familiar with making raw food, you will love this book! If you are not familiar with making raw food, you will learn a lot if you are open to a new, amazing way of food preparation. There are some recipes which are simple to follow and there are others which are a bit more complex - but so worth the effort. Some of them sound more complex, but once you get the hang of it, it's actually quite easy (like the absolutely amazing mud slide pie recipe - wow - totally brilliant). I am quite creative in the kitchen and would never have come up with these recipes or anything close to them on my own. They are also extremely precise and everything turns out perfectly! You do need to have a high speed blender (such as a Vitamix) for many of the recipes - however, I think some of them would work with a regular blender. The high speed blender is such a great kitchen tool, though, that if this book inspires you to get one, you will be happy you did:) There are also detailed descriptions of ingredients which is helpful. I also have Cafe Gratitude's first book titled "I am Grateful" and recommend that, too. Get this book - it will change the way you think about food...and you will enjoy a whole new level of healthful and beautiful food.

This is an amazing followup to their excellent 'I am Grateful' book. I have been eating raw foods for over 20 years, and live with my husband and kids who don't follow a raw food diet. We all agree these are the best desserts we have ever tasted. I have seen many raw food deserts from many books, but these set a new standard for raw chefs everywhere. Eating the tiramasu and the cheesecakes almost made time stop! I suggest you make these desserts when you have nothing pressing on your agenda, because you may just forget everything else.

I have over 20 raw cookbooks, and this has risen to the top of my collection. If the house were burning down and I could only grab one raw cookbook, this would be it. This book is different from others in that it uses new ingredients and new techniques that make raw desserts that are truly set apart. Most every recipe has a wonderful accompanying picture. The cakes look amazing. I've made the chocolate/orange frosting and it was wonderful--thick, rich, pipable, and silky smooth. This is the first raw cookbook that I've seen address how to make true chocolate-covered cream-filled raw truffles. If you have a sweet tooth and follow a raw vegan diet, this book will make you very happy! 5/1/2009 update: This is STILL my very favorite raw recipe book. I'm eating German Chocolate cake--with a HUGE smile on my face. The cake has an amazing texture...just like a real cake (like a dense flourless cake). I've made the fudge and coconut cream pie...I'm just amazed at how delicious everything is.

4 Stars because I wish the ingredients had been put in grams as well as ozs as USA ozs are not the same as ours. Also, I live in New Zealand and although the recipes are excellent the ingredients here are extremely expensive. Fortunately I can order raw, organic ingredients from iHerb.com or I would not be making many of the recipes at all. Check iHerb.com out if you are in the same situation anywhere in the world. You are welcome to use my referral OWE535 to get up to \$10.00 off of your first order with them. Keep parcels below 4lbs weight and freight is only \$6.00, excellent company.

It's not easy to find gluten-free and sugar-free desserts that taste good, and these are delicious. Some take a bit of work to make, but the explanations are clear and the results should please any palate.

I am enjoying this cookbook. The Key Lime Pie is delicious. We had a vegan potluck dinner party and we served Key Lime Pie. Guests thought it was delicious and my husband wanted me to make it again a couple of days later. The explanation of how to deal with the Irish Moss was complete and helpful since I had never had it before and wasn't sure how it would taste much less what it would do to a recipe. Unfortunately, now that I am back in New Mexico I am not sure where I will be buying Irish Moss again. Lucky for me I was able to go to Cafe Gratitude, in Berkeley, before returning home and had purchased my Irish Moss in the restaurant. Most of the recipes seem fairly easy and I look forward to enjoying many more. The pictures are great so you can see what a dessert should look like. Thank you for this book, I love it.

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