



Simply Smashing.

Oh yeah... now you can have your (raw) cake and eat it too.

By Sheree Clark

Forget what the calendar says – here at Purely Delicious it feels like Christmas! We've received word of an avalanche of new raw food recipe books being released this season. From Matthew Kenney's *Entertaining In The Raw* to Ani Phyto's *Ani's Raw Food Desserts*, fabulous recipes abound!

One release that is sure to be a hit is *Raw for Dessert* by Jennifer Cornbleet. Judging from the track record of her first book, *Raw Food Made Easy for 1 or 2 People*, this one will be popular indeed. *Raw Food Made Easy* has sold over 50,000 copies and is consistently on the Amazon.com bestselling raw cookbook lists. A companion DVD – also called *Raw Food Made Easy* – is also becoming a sales leader in the category as well.

Based in Chicago, Jennifer is a nationally recognized raw food chef and instructor. She is a faculty instructor at the Living Light Culinary Arts Institute, a raw food chef school in Fort Bragg, California. Jennifer also directs the school's

satellite program in Chicago, where she teaches the certification courses Fundamentals of Raw Living Foods and Essentials of Raw Culinary Arts.

In *Raw For Dessert*, Jennifer shares her favorite no-bake, no-guilt treats. The book promises to help novice as well as experienced raw foodies to:

- Avoid white sugar, white flour, dairy products, trans-fats, saturated fats and processed foods.
- Make easy-to-follow recipes – quickly and affordably.
- Enjoy desserts for every occasion including such tempting creations as Summer Berry Compote, Pineapple Upside Down Cake, Chocolate Cupcakes, Creme Brulée, Lemon Tart and Pumpkin Pie.

Jennifer wanted to offer *Purely Delicious* readers a sneak peek of some of her fabulous creations from the book... enjoy! For more information about Jennifer Cornbleet, visit LearnRawFood.com.

raw for dessert

NEW BOOK

A Collection Of Easy Desserts By Jennifer Cornbleet



Top: Jumble Berry Upside Down Cake



Top: Key Lime Tart with Shortbread Crust

Bottom: Really! One Bowl Brownies with Brazil Nut
Vanilla Ice Cream



Jumble Berry Upside Down Cake

Yields: 1 (6-inch) cake, 8 Servings

- 1 c blueberries
- 3/4 c raspberries
- 3/4 c strawberries, sliced
- 1 T light agave nectar
- 2.5 c Shortbread Crust (recipe follows)

Place the berries and agave nectar in a medium mixing bowl and toss to combine. Let sit 5 minutes. Line a 6-inch cake pan with a parchment paper round. Place half the berries on the paper. Top with half the Shortbread Crumble, distributing evenly. Press down with your hand to compact. Repeat with the remaining berries, and then with the remaining crumble. Chill at least 30 minutes, and up to overnight. To serve, run a knife around the edge of the pan to loosen the cake. Place a serving plate upside down on top of the cake pan. Invert the pan and plate, then lift the pan off. Remove the parchment round. Covered with plastic wrap in the refrigerator, Jumble Berry Upside Down Cake will keep for two days.

For Pineapple Upside Down Cake: Replace the light agave nectar with dark agave or maple syrup. Replace the mixed berries with 2 1/2 cups thinly sliced pineapple. Serve with caramel sauce.

Shortbread Crumble

Yields: 2 1/2 cups, or 1 (9-inch) pie

This crust is rich, buttery and crumbly.

- 1 c raw walnuts or macadamia nuts, unsoaked
- 1 c unsweetened shredded dried coconut
- 1/4 t salt
- 6 medjool dates, pitted

Place the dried coconut, walnuts and salt in a food processor fitted with the S-blade. Process until finely ground. Add the dates and process until the mixture begins to stick together. Don't overprocess. Shortbread Crumble will keep for one month in the refrigerator and three in the freezer.



Key Lime Tart

Yields: 1 (9-inch) tart, 8 Servings

Traditionally, this all-American tart includes sweetened condensed milk and egg yolks – you won't miss them in this tangy raw version.

2 1/2 c Shortbread Crumble

3 c Key Lime Pots De Creme

(recipe follows)

Fresh raspberries or key lime slices as garnish

Pour the shortbread crust crumbs into a 9-inch tart pan. Distribute the crumbs uniformly along the bottom and gently push some of the crumbs up the sides of the pan to the rim in order to create a 1/4-inch loosely packed wall. Next, press the crust on the bottom of the pan down firmly with your fingers. (Be especially firm where the bottom of the pan joins the sides.) To finish, press with your thumb to consolidate the crust wall along the pan's sides.

Pour the key lime filling into the crust. Spread evenly with a small offset spatula. Chill at least 2 hours. Garnish with raspberries or lime slices if desired. Keep covered with plastic wrap in the refrigerator, Key Lime Tart will keep for three days.

Key Lime Pots de Creme

Yields: 3 cups, 8 Servings

3/4 c fresh key lime juice

3/4 c light agave nectar

1/8 t salt

1 1/2 c avocado, mashed
(3 avocados)

1/2 c coconut oil, melted

2 T soy lecithin powder, optional

Place the lime juice, agave nectar, salt and avocado in a blender and

process until smooth. Add the coconut oil (and soy lecithin if desired) and process. Transfer the mixture to prepared tart pan or custard cups. Chill at least 2 hours. Garnish as desired. Covered with plastic wrap in the refrigerator for up to three days.

Brazil Nut Vanilla Ice Cream

Yields: 3 cups, 4-6 Servings

What makes this vanilla ice cream special is the luxuriant richness of Brazil nuts.

2 c Brazil Nut milk, unsweetened

1/2 c raw cashews, soaked 8-12 hrs
(2/3 cup after soaking),
drained and rinsed

1/2 c light agave nectar

1/8 t salt

2 t vanilla extract

2 vanilla beans, seeds only

Pour 1/2 cup of the Brazil Nut milk and all the cashews in a blender and process until very smooth. Add the remaining 1 1/2 cups Brazil Nut milk along with the other ingredients and process. Transfer to a jar and chill for at least 2 hours in the refrigerator (and up to 2 days). Put the mixture in an ice cream maker and freeze according to the manufacturer's written directions.

Raw ice cream tastes best eaten immediately, but it will keep for 5 days in a sealed container in the freezer. Thaw for a few minutes before serving.

Ahead of Time

Soak the Brazil nuts and cashews 8-12 hours or overnight. Drain and rinse. (These nuts can be stored in the refrigerator for up to 2 days.)

Really! One Bowl Brownies

Yields: 16 small brownies, 8 Servings

3 c raw walnuts, unsoaked

1/8 t salt

1 c medjool dates, pitted (16)

2/3 c organic raw cacao powder

1/2 c dried cherries, chopped

2 t filtered water

1/4 c raw cacao nibs, optional

Place the walnuts in a food processor fitted with the S-blade and process until coarsely chopped. Remove 1/2 cup of the walnuts and set aside in a small mixing bowl. Add the salt and process until the walnuts are finely ground. Add the dates and process until the mixture begins to stick together. Add the cocoa powder and process to incorporate. Add the chopped walnuts, dried cherries, water, and raw cacao nibs if desired and process briefly, just to mix. Pour the mixture into an 8-inch glass baking dish, distribute evenly, and press down with your hand to compact. Cut into squares. Covered with plastic wrap, Really! One Bowl Brownies will keep for 5 days in the refrigerator, and for 2 weeks in the freezer.



Jennifer Cornbleet

For more information please visit:
LearnRawFood.com.