



**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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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 compot, 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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**From reader reviews:**

**Lily Winstead:**

Why don't make it to be your habit? Right now, try to ready your time to do the important work, like looking for your favorite book and reading a e-book. Beside you can solve your short lived problem; you can add your knowledge by the e-book entitled 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). Try to face 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) as your friend. It means that it can to get your friend when you feel alone and beside associated with course make you smarter than previously. Yeah, it is very fortunated for yourself. The book makes you considerably more confidence because you can know everything by the book. So , let me make new experience and also knowledge with this book.

**Aaron Blue:**

Playing with family inside a park, coming to see the marine world or hanging out with close friends is thing that usually you could have done when you have spare time, then why you don't try thing that really opposite from that. A single activity that make you not experience tired but still relaxing, trilling like on roller coaster you have been ride on and with addition of information. 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 desire to miss it? What kind of hang-out type is it? Oh occur its mind hangout men. What? Still don't have it, oh come on its known as reading friends.

**Wiley Wagner:**

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**Kimberly Plummer:**

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