



Love Fed: Purely Decadent, Simply Raw, Plant-Based Desserts

Christina Ross

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Nourish your body as you indulge in *Love Fed* desserts—heaven in every bite.

An artist in the kitchen, Christina Ross relies on intuition and creativity to conjure up her beautiful Parisian-inspired confections. Christina found her calling when she transitioned to a raw, vegan diet and discovered one thing was missing—decadent sweets! She set out to remedy the situation and, to her surprise and delight, found that the heavenly, nutritious treats she created didn't just satisfy her sweet tooth—they were better than traditional sweets in every way!

In *Love Fed: Purely Decadent, Simply Raw, Plant-Based Desserts*, Christina, founder of the vegan dessert line PatisseRaw and the popular blog love-fed.com, serves up raw, vegan treats full of nourishing ingredients and intense flavor, without a touch of gluten, dairy, or refined sweeteners. *Love Fed* takes the plant-based, no-cook method of preparing desserts to new heights with more than 80 delicious, easy recipes.

Christina gives you everything from **Pistachio Saffron Rose Water Ice Cream** and **Chocolate Almond Hazelnut Caramel Apple Torte** to **Trail-Blazing Truffles**, **Blueberry Coconut Dreamsicles**, and **Splendid Day Red Velvet Cupcakes**, satisfying to even the most discerning sweet tooth. Along the way, she introduces new ingredients, shares her solutions for potential hiccups, tells stories from her life, and includes mouthwatering full-color photos.

Featuring a recipe by Jason Mraz, *Love Fed* caters to both novices and experienced foodies alike. Chocolate lovers, caramel aficionados, ice cream devotees, cake enthusiasts, cheesecake fans—*Love Fed* has it all for you.

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