

JESSICA'S RAW CHOCOLATE RECIPES: AN INTRODUCTION TO RAW FOOD THROUGH THE SEDUCTIVE POWER OF CHOCOLATE BY JESSICA FENTON



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About the Author

Jessica Fenton is a raw food guru, presenting writer, lifestyle coach and nutritionist. She is the founder of TotalRawFood.com, the UK's raw and living food resource centre, She runs raw chocolate workshops, holds raw food dinner parties and offers a raw nutrition consultancy service. Jessica recovered from M.E. through a raw food diet - and ran the marathon a year after diagnosis.

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Raw chocolate is the new Green & Blacks, a delicious superfood with proven health benefits and a fast-growing following of devotees. Jessica's Raw Chocolate Recipes is an informative and inspirational cookbook that explains and outlines this exciting phenomenon. Recipes and nutrition tips will empower readers to create healthy, quick-and-easy raw chocolate inventions in the comfort of their own kitchen.

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Most helpful customer reviews

1 of 1 people found the following review helpful.

Awesome!

By Halo

I've finally received this book and it was well worth waiting for. The recipes are healthy and tasty and this home made chocolate makes huge impression on guests. Highly recommended!

0 of 0 people found the following review helpful.

I didn't even know you could make healthy chocolate

By Ireland Mom

This cookbook looks fantastic! I have not been able to actually make any of the recipes yet, so will update this once we have, but the actual recipes look really good, and the pictures are really nice. I purchased this because we are moving slowly to a raw vegan diet, at least for the time being, to eradicate some health issues and for permanent weight loss. My husband is begrudgingly going along with this, and one of his biggest issues with it was that he would not be able to eat chocolate. This has solved that problem, because from others I know, this type of chocolate is both healthy to consume (and actually good for you) and supposedly tastes even better than regular chocolate. We'll see... He looked through it and is drooling over some of the pictures and is eager and anxious for me to get going with some of the recipes! :)

You need to be aware though, that this requires LOTS of unusual ingredients, which are not readily available, so be prepared to spend some money initially, stocking up on them (most likely sourced online). Also, it is quite annoying to read some of the author's notes because she is clearly from a part of England where they add an "r" to many words that don't actually have one. For example, she talks about agave nectar as a sweetener, and states that it is pronounced "agar-vay", which is nonsense. The word is pronounced "agavay", and only those who add "r" where it doesn't belong would pronounce it the other way. She says that xylitol is pronounced "zy-ler-tol", but again...incorrect. I feel that an editor should have caught this and corrected it, because for the rest of the world who don't add the "r" in to words where it doesn't exist, this could be confusing - especially for people who are unfamiliar with these ingredients. They will then mispronounce them, possibly embarrassing themselves in front of someone else who knows how to correctly pronounce the word. I realize that this is a small point, but those sorts of things annoy me in books, so I figured I'd point it out.

I will try to remember to update once we make some of these, but if I don't, assume that they are delicious if I have not changed the review to reflect otherwise...

Update - I have made some of the recipes in this book and so far they have all been fab! We've enjoyed everything in it and love that it is really healthy too!

3 of 3 people found the following review helpful.

A delightful book

By Lizbeth

This is a beautifully presented book with lovely illustrations and clear recipe instructions. I am gradually working my way through the recipes and was delighted with the birthday cake, which was much admired and enjoyed!

Its well worth making the effort to obtain the ingredients as the results are terrific. The desserts are all healthy and nutritious as well as tasting good.

The cake and biscuits could be kept in the fridge for several days, which is great.

Non-vegan friends have also appreciated my efforts so a winner all round!

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