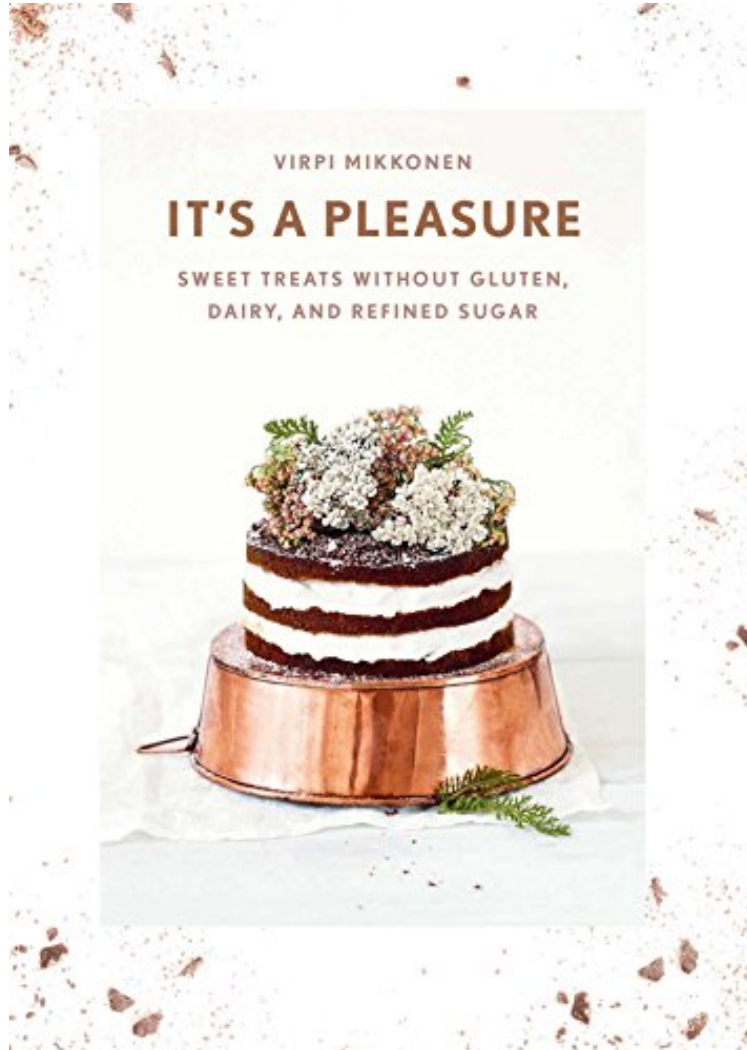


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It's a Pleasure: Sweet Treats without Gluten, Dairy, and Refined Sugar

Virpi Mikkonen

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A delightful cookbook of decadent sweets and homemade treats that taste great, look beautiful, and have good health in mind. This enticing collection features easy recipes, made from high-quality, nutritious ingredients, for fabulous desserts that are gluten-free, dairy-free, and refined-sugar-free. With this inspiring book, award-winning Finnish author Virpi Mikkonen shows how easy it is to make sweet treats a truly enjoyable—and guilt-free—pleasure. It's a Pleasure: Sweet Treats without Gluten, Dairy, and Refined Sugar is a gorgeous guide to making delicious and wholesome desserts at home without sacrificing flavor. Featuring candies, cakes, pies, and more, the appealing recipes—such as gingerbread chocolate, cookie ice cream with salty peanuts, and cardamom-vanilla donuts—offer great-tasting, guilt-free pleasure and are suited for entertaining, gift giving, or everyday snacking. Find inspiration for chocolate and candies, cakes and pies, ice creams and sorbets, jams, frostings and more! Recipes include: sea salt toffee bites; vanilla stars with chocolate hearts; frosty banana cake; blueberry cream cake; mango-melon sorbet cake; tiramisu ice cream cake; fig fudge; and licorice truffles.

"Mikkonen shares her secret concoctions for some incredibly delectable pastries, as well as confections like sea salt toffee candies and peanut toffee chocolates. But the standout recipes are those for Mikkonen's rich but not too indulgent cakes. She creates decadent flavors with light, nutritious ingredients like coconut milk and almond flour, and the images in It's a Pleasure are enough to make your mouth water." (Vogue)"In her book, Mikkonen shares the virtues of sweets rather than their sins. Encouraging us to let go of the guilt often held when we decide to indulge in a cake loaded with refined white sugar and wheat. Completely banishing these two ingredients, she encourages the use of natural flavors and nutritious raw ingredients like coconut cream, dates and almond flour. With nature's sweets and her creativity, Mikkonen makes equally or even better sweet indulgences compared to their refined sugar and wheat counterparts." (Honest Cooking)"This aesthetically gorgeous compilation of sweets showcases how easy it is to make gluten, dairy and refined sugar-free recipes without sacrificing the flavor (or fun!) The book is a true dessert and foodie lover's dream – a compendium of Instagram-worthy sweets, made from high-quality, nutritious ingredients." (Chic Vegan)About the AuthorVirpi Mikkonen is a Saveur Blog Award-winning Finnish author, recipe developer, stylist, and photographer who specializes in food and wellness. She has also worked as a journalist and magazine producer. Her award-winning site Vanelja (www.vanelja.com) focuses on wholesome food and good living.