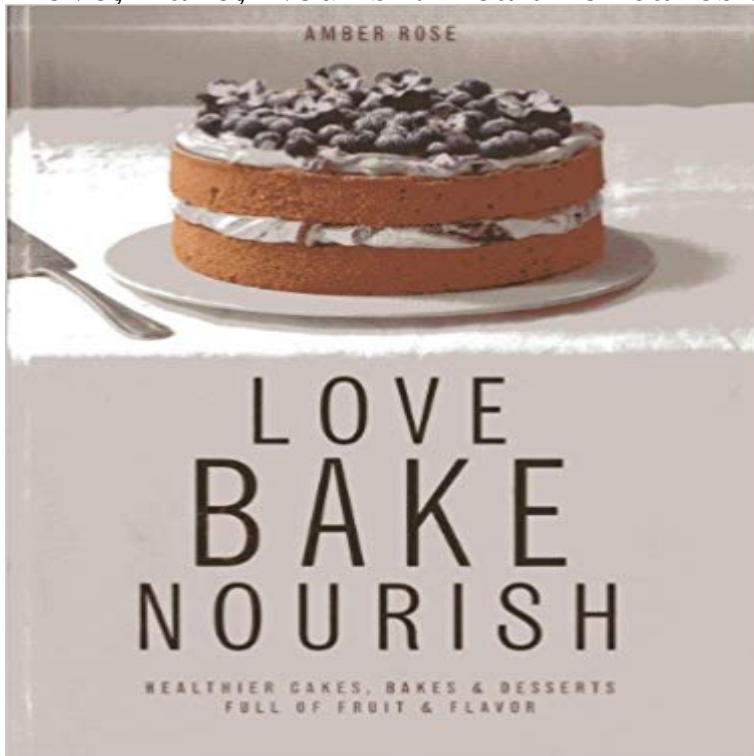


## Love, Bake, Nourish: Healthier cakes and desserts full of fruit and flavor



In an ocean of baking books this book is something new. It is an aspirational, yet very achievable, collection of recipes to guide you through baking in a more nourishing way. Food stylist Amber Rose found a lot of the baking recipes out there tend to have the same flavor combinations used over and over again with refined white flour and white sugar as a staple. The heroes of her recipes are the seasonal fruits and ancient flours (spelt, rye, buckwheat and nut flours) used as an alternative to so much refined sugar and gluten, to bring more depth of flavor and texture and to create a healthier baked good. This is a book that covers all occasions, all seasons and all moods, bringing heritage ingredients into the modern kitchen. Using readily available fruit, honey, nuts and flowers to give a more natural kind of baked good, some of the recipes are sugar- and wheat-free and in some instances even dairy-free. Other recipes call for sugar and flour but its always in a way that brings to the life the ingredients being used. Learning to cook and bake with the seasons helps to support our natural rhythms and brings endless delight to the taste buds as well as helping us to be a little more thrifty, which is an important part of feeding ourselves and our families. Enjoy baking a Spiced Carrot Cake with a crumbly topping; make Berry Good Fairy Cakes for the kids, create a Coconut & Passionfruit Tart for a dinner party, or try the healthy Zesty Oat Cookies with an orange zest pastry. Baking is always indulgent and comforting but, with Amber, it can be nourishing too.

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