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by The Hardihood : **Raw Cake: Beautiful, Nutritious and Indulgent Raw Desserts, Treats, Smoothies and Elixirs**
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Description :

PDF-7cc23 | Long-time friends Leah and Daisy set up raw superfood confectionery company The Hardihood in early 2015 to prove that eating healthy desserts does not mean compromising taste or beauty. Their range of handcrafted desserts comprise all-natural ingredients and are completely free from refined sugar, gluten, wheat, dairy, and soy. They're also raw, which means the ingredients are not altered by hea... *Raw Cake: Beautiful, Nutritious and Indulgent Raw Desserts, Treats, Smoothies and Elixirs*

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