



accompany each recipe, showing how Gena's simple techniques and fresh ingredients yield delicious meals. Additional tips and tricks for taking food on the go, and for cooking ahead on the weekend for quick weekday lunches and dinners, round out the collection. We are all aware of the benefits of eating seasonally and healthily, and yet often this isn't something we consider when baking. Amber believes that cakes, bakes and puddings shouldn't be made with refined white flour and white sugar. She develops recipes using fruit and honey to give sweetness and ancient flours such as buckwheat, spelt and rye to give depth of flavour. Chapters are Seasonal Cakes; Puddings, including baked fruit, crumbles, pies, sponge and rice puddings; Tarts and Meringues; Small Bakes; Creams, Custards & Compotes; and Herbal Teas. 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 Mince Pies with an orange zest pastry. Baking is always indulgent and comforting but, with Amber, it can be nourishing too. Long-time friends Leah and Daisy set up raw superfood confectionery company The Hardhood 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 heat and thus maintain their nutritional value and integrity. Raw Cake is about making beautiful, raw desserts that appeal to everyone. Using key healthy ingredients like nuts, coconut oil, dates, rice malt, and powdered super foods, these unique flavor combinations will delight your taste buds. You'll find bite-sized raw treats like Caramel Crunch and Carrot Cupcakes, as well as crowd-pleasers such as Pineapple Sorbet, Chocolate Orange Cake, and Banoffee Pie. Complete with 100 recipes, nutritional breakdowns, and food styling techniques, Raw Cake will help you to create sensational-looking and healthy cakes. From the author of NETFLIX SENSATION ANATOMY OF A SCANDAL There are many reasons to bake: to feed; to impress; and, sometimes, it has to be said, to perfect. In 1966, Kathleen Eaden published *The Art of Baking*, her guide to nurturing a family by creating the most exquisite pastries. Now, five amateur bakers are competing to become the New Mrs Eaden. There's Jenny, facing an empty nest; Claire, who has sacrificed her dreams; Mike, trying to parent after his wife's death; Vicki, who has dropped everything to be with her baby boy; and perfect Karen, who knows what it's like to have nothing and is determined her façade shouldn't slip. As unlikely alliances are forged, making the choicest choux bun seems the least of the contestants' problems. For they will learn - as Mrs Eaden did before them - that while perfection is possible in the kitchen, it's very much harder in life. 'Delicious . . . Friendship, rivalry and exposed secrets, all gorgeously told' - Elle 'Clever and compelling. I loved this' - Nina Stibbe