



# Sweets IN THE RAW

NATURALLY HEALTHY DESSERTS

*Sweets in the Raw: Naturally Healthy Desserts* Delivers 46 brand-new recipes designed to satisfy the most intense sweet tooth, minus the refined sugar, dairy and grains. These carefully crafted recipes, including Apple Crumb, Chocolate Fudge, Strawberry Ice Cream, Mini Black Forest Cake Bites and Espresso Truffles, have endured rigorous taste-testing by a wide audience before being brought to you!

*Sweets in the Raw* is a must-have for anyone with an insatiable sweet tooth and the desire to eat healthy!

## LAURA MARQUIS

Laura Marquis is a welcome and inspirational new voice from inside the world of health and fitness. In response to her own lifelong struggles with gluten and dairy intolerance, she researched and developed innovative nutrition programs to benefit her clients.

In 2015, Laura shared her experience with sugar addiction in a brave and compelling TedEx talk at Loyola Marymount University. Creator of the Naturally Healthy Lifestyle, Laura now shares these decadent desserts without the refined sugar or the guilt.

I'd love to bring my **BLOG BOOK TOUR** to your site and write an informative guest blog for your audience on one of the following:

- Dessert Recipes (sugar-free, gluten-free and dairy-free and vegan)
- How I beat Sugar Addiction
- How to successfully wean off sugar
- The "healthy" label/ healthy halo myth
  - How people eat things they think are healthy but aren't
- Navigating Food Restrictions & Preferences
  - How to tell your friends and family about food restrictions so they will support your health journey
- How to know if you are addicted food
- 5 way to know if you have a food addict in your family



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