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## Living the Sweet Life, the Natural Way

In her debut cookbook, *Sweets in the Raw: Naturally Healthy Desserts* (NHD, September 2016, \$30.00), health & fitness expert and entrepreneur, Laura Marquis, delivers 46 fresh and naturally healthy recipes designed to satisfy the most intense sweet tooth, minus the refined sugar, dairy, and grains.

The first cookbook to consist only of no-bake desserts using natural sweeteners, it offers up oh-so-good recipes such as **Apple Crumb, Chocolate Fudge, Strawberry Ice Cream, Mini Black Forest Cake Bites and Espresso Truffles**, that have been rigorously taste-tested before being brought to you. In addition, the book includes expert advice on the best equipment, ingredients, and techniques to get the job done right.

A few years back, Laura saw the raw food trend approaching as she began to develop her own cookbook. Now that the U.S. has become more mindful and aware of the benefits of eating well and the sicknesses linked to consuming too much sugar, she saw it as the perfect time to introduce her recipes to the world.

Discover *Sweets in the Raw*. It's the essential dessert book for anyone wanting to enjoy something sweet and eat healthy at the same time. Our hope is that you'll be inspired to review, make mention, or excerpt an exclusive recipe just for your publication.

**For further information, visit [www.NaturallyHealthyDesserts.com](http://www.NaturallyHealthyDesserts.com)**