



## Clean Cakes: Delicious patisserie made with whole, natural and nourishing ingredients and free from gluten, dairy and refined sugar

By Henrietta Inman

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**Clean Cakes: Delicious patisserie made with whole, natural and nourishing ingredients and free from gluten, dairy and refined sugar** By Henrietta Inman

*Clean Cakes* is the ultimate cookbook for anyone who enjoys baking as well as experimenting with new and alternative ingredients. It provides a wealth of ideas for cooking everything from spectacular cakes, energy-boosting muffins and wholesome loaves to stunning raw desserts and scrumptious tarts and pies, with distinctive flavour combinations and original twists on established classics. It will prove invaluable for anyone who for health or lifestyle reasons wants to eliminate gluten, dairy or refined sugar from their diet but who still wants to satisfy their sweet tooth and create their own nutritious guilt-free masterpieces.

Henrietta Inman embraces nutritious whole food ingredients that are unprocessed, unrefined, natural, seasonal and local wherever possible. The first section shows how to stock your *Clean Cakes* larder, as well as including foundation recipes such as cashew cream and homemade chocolate and jam. Next come over 80 beautifully photographed recipes, from rich chocolate brownies, a show-stopping courgette, basil, lime and pistachio layer cake and raw desserts to alkalizing spirulina omega mix bars, spectacular fruit pies and enticing savoury tarts. These recipes are for everyone and show that cooking healthily doesn't have to mean compromising on flavour.

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### Review

"If anyone can square the fashion/cake circle it's the 28-year-old Lanesborough-trained pastry chef Henrietta Inman ... Inman's recipes are free of dairy, gluten and refined sugar, but most importantly they are delicious. ... To my mind, Inman's blueberry and lime cream cakes are surpassed only by her raspberry, rose and pistachio tarts. ... Unlike most "free-from" recipes, Inman's are straightforward and light on newfangled ingredients. Finally we can have our cake *and* wear skinny jeans, if it weren't for the fact that skinny jeans are over."

"In a stunning new book, pastry chef Henrietta Inman puts an inspired new spin on the traditional sweet repertoire."

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"In a stunning new book, pastry chef Henrietta Inman puts an inspired new spin on the traditional sweet repertoire."

### About the Author

HENRIETTA INMAN is a skilled pastry chef and owner of Henrietta Inman Patisserie and Hen's Clean Cakes. After gaining a distinction in the Professional Patisserie Scholarship at Westminster Kingsway College, London, she worked in a number of award-winning kitchens including the Michelin-starred Lanesborough Hotel, London. Henrietta lives in Suffolk and does baking demonstrations, runs cookery classes and sells at farmers' markets, pop-ups and festivals. She accepts private commissions and

collaborates with health and wellness brands around the world. Her recipes have also been featured in the Sunday Telegraph Stella Magazine and she has a popular blog, [www.henscleancakes.com](http://www.henscleancakes.com).

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