

Download Sweets In The Raw Naturally Healthy Desserts

Sugar in the Raw. Mmmmmm. If a food is labeled as “raw”, what exactly does that mean anyway? To a consumer, it means that the food is completely unadulterated and has not in any way changed from its original natural form. Try these 15 naturally sweet desserts that are 100 percent vegan and include no added sugar! 1 Recipe Raw chocolate and goji berry bliss balls. These healthy vegan bliss balls get their sweetness from fresh dates and goji berries so you won't feel guilty popping one (or three) into your work lunchbox for an afternoon snack. Whey separated from yogurt, kefir or clabbered milk is ideally a clear liquid to use as a starter for fermentation recipes.