

CRYSTAL DAWN  
CULINARY

MEDIA KIT 2023



# THE ART OF RAW DESSERTS

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Published by Page Street Publishing

[www.crystaldawnculinary.com](http://www.crystaldawnculinary.com)



# THE ART OF RAW DESSERTS

## WHERE TO BUY

The Art of Raw Desserts is available where most books are sold. Find a complete list at [crystaldawnculinary.com/shop-2](http://crystaldawnculinary.com/shop-2)

## BOOK IMAGES AND NEWS RELEASE

[View book images here](#)

[News Release](#)

[The Art of Raw Desserts One Pager](#)

## BOOK SUMMARY

Title: The Art of Raw Desserts

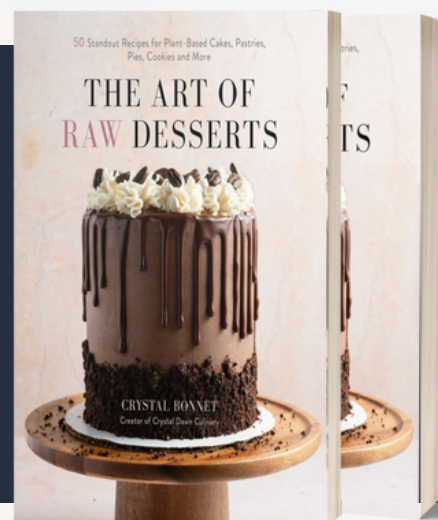
Subtitle: 50 Standout Recipes for Plant-Based Cakes, Pastries, Pies, Cookies and More

Author: Crystal Bonnet

Publication Date: December 6, 2022

Paperback | Pages: 168 | Size: 9x8 | US \$23.99

ISBN: 9781645675082



## TITLE OVERVIEW:

*Incredible Vegan Sweets Made with Healthy, Whole-Food Ingredients*

Get ready to take your raw dessert game to the next level with this collection of insanely delicious and nutrient-packed vegan recipes. Professional raw chef and culinary instructor Crystal Bonnet shows you how to make plant-based treats with fresh, creative flavors—from earthy lavender truffles to refreshing mint cream tarts. Her straightforward directions make it easy to create fluffy cakes, gooey brownies and perfectly creamy chocolates using your dehydrator, freezer and other conventions of the raw kitchen. From beloved classics to desserts, you never thought could be enjoyed raw, here are just some of the delectable recipes you'll find:

- Three-Layer Tiramisu Cake
- Chocolate Mousse Cake with Cherry Jam
- Blackberry Ginger Lime Zebra Cheesecake
- Pecan Pie with Rosemary and Orange
- Banana Cream Pie with Gingerbread Crust
- Mocha Donuts with Espresso Glaze
- Lemon Poppy Seed Coconut Shortbread Cookies
- Strawberry Rose Pistachio Cream Slice
- Double Chocolate Red Velvet Brownies
- Hawaiian Sunshine Crumble Squares

With this impressive collection of recipes, you'll enjoy your favorite desserts without ever having to compromise on your health again.



# BOOK ENDORSEMENTS

“Every dessert lover must own this book! Crystal is a master at creating stunning, jaw-dropping desserts. Her knowledge and direction give everyone the opportunity to bring raw desserts to life in their kitchen.”

- Sara Kidd, author of *The Vegan Cake Bible*

“These masterful recipes are creative, rich and delicious. This book will help anyone looking to include more delectable plant food in their lives!”

- Joanne Gerrard Young, founder of *The Healing Cuisine Culinary School*

“Finally! The first cookbook that masterfully gives a comprehensive view of raw desserts! Crystal offers a unique wealth of expert knowledge, anticipating all your questions. Whether you are a home cook or chef, you will love these recipes.”

- Danielle Maupertuis, vegan pastry chef

“This book is a masterpiece of raw dessert making. The recipes are bright and colorful. If you love desserts, you’ll love this book.”

- Lukas Schanderl, co-founder of the vegan culinary school *Veecoco*

## ABOUT THE AUTHOR:

Crystal Bonnet is a raw food chef, instructor, and cookbook author. As a plant-based and raw food nutrition program graduate at Matthew Kenney Culinary Academy and Pure Joy Academy, she’s learned the importance of the culinary aspect and nutritional elements of living foods. She shares this information with her students at Crystal Dawn Culinary so that they will have as much knowledge as necessary to understand raw foods and their health benefits. Bonnet’s work within the plant-based culinary industry led her on many adventures, including the development of plant-based menus for new restaurants.

She designed and catered multiple health retreats in Canada and Europe before launching her raw chocolate and dessert business. Through her easy-to-follow and comprehensive classes, she shares the knowledge and skills home cooks need to incorporate healthy food alternatives into their lifestyles. [crystaldawnculinary.com](http://crystaldawnculinary.com)

## AUTHOR HEADSHOTS

[View headshots here](#)



## CONNECT WITH CRYSTAL



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## POTENTIAL INTERVIEW TOPICS

- ✦ The Journey to Raw Veganism: Share my personal story of how I became a raw vegan chef and the benefits I've experienced from this lifestyle
- ✦ The Inspiration Behind "The Art of Raw Desserts": Discuss what motivated me to write a cookbook focused on raw vegan desserts and how I developed my unique recipes.
- ✦ Exploring Raw Vegan Ingredients: Dive into the world of raw vegan ingredients used in desserts and their nutritional benefits. Discuss how to source and work with these ingredients.

✦ Mastering Techniques in Raw Dessert Making: Share some essential techniques and tips for creating delicious raw vegan desserts, such as working with nut-based crusts, making dairy-free creams, and achieving the perfect texture.

✦ The Health Benefits of Raw Vegan Desserts: Discuss the potential health advantages of consuming raw vegan desserts, such as increased energy levels, improved digestion, and glowing skin.

✦ Creativity in Raw Dessert Presentation: Talk about the artistry behind presenting raw vegan desserts, how to make them visually appealing, and tips for food photography.



✦ Addressing Common Challenges: Explore the challenges that people may face when transitioning to a raw vegan diet and provide practical solutions and advice to overcome them.

✦ Raw Vegan Desserts for Special Occasions: Discuss how to create impressive raw vegan desserts for special events like birthdays, holidays, and weddings, ensuring everyone can enjoy delicious and healthy treats.

✦ The Future of Raw Veganism: Talk about the growing popularity of raw veganism and its potential impact on the culinary world. Discuss emerging trends, new ingredients, and innovative techniques.

✦ The Process of Writing a Cookbook: Discuss the journey of the creation of a cookbook, from finding a publisher to the launch.



## INTERVIEWS AND FEATURES

### PAST PODCAST INTERVIEWS:

Pastry Arts Magazine – Crystal Bonnet:  
[Mastering the Art of Raw Desserts](#)

Vegan Family Kitchen - [Getting started with raw vegan food: An interview with Crystal Bonnet, raw vegan chef and author of The Art of Raw Desserts](#)

Patricia Kathleen Podcasts – [Investigating Vegan Life: Episode 44 – Crystal Bonnet](#)

[Interview with London Vegan Pastry Chef Danielle Maupertuis](#)

Sara Kidd - [Interview with Raw Vegan Chef Crystal Bonnet - Bake Like a Vegan Pro](#)

### PAST MEDIA INTERVIEWS AND FEATURES:

[Plant Powered Magazine](#)

EcoLux Lifestyle – [Pizza and Cheesecake – An Interview with Crystal Bonnet, Raw Vegan Chef](#)

[Folio YVR – The Art of Raw Desserts – Issue 18](#)

[Fresh Magazine – Pursuit 365 Day 223: Crystal Bonnet](#)

### BOOK FEATURES:

#### PRINT

- Taste for Life, February 2023 issue: [Recipe feature](#)
- Vegan Food & Living, January 2023 issue: Recipe features
- Bake & Decorate, January 2023 issue: [Recipe features](#)
- Pastry Arts, Winter 2023 issue: [Interview and recipe feature](#)

#### ONLINE

- One Green Planet: [Recipe feature](#)
- Best of Vegan: [Recipe features](#)
- Mindbodygreen, December 13, 2022: [Recipe feature](#)
- Vegan Magazine, November 30, 2022: [Feature](#)
- Quill & Quire, September 21, 2022: [Fall preview feature](#)

### PRODUCTS AND SERVICES

[Online Culinary Courses](#)

[The Art of Raw Desserts Cookbook](#)





## MEDIA CONTACT



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