

Storage and life span: Store in an airtight container at room temperature. These cookies should last one to two weeks.

Cashew Crêpes with Berry Jam

Makes 4 large crêpes

CASHEW CRÊPE

- 1½ cups soaked cashews
- 2 tablespoons lemon juice
- ¼ teaspoon salt
- ¼ cup agave syrup
- ½ cup water

BERRY JAM

- 1 cup blueberries
- 1 tablespoon + 1 teaspoon lemon juice
- small pinch salt
- 2 teaspoons liquid vanilla
- 6 tablespoons date paste
- 2 cups chopped strawberries

CASHEW CRÈME FRAICHE

- 1½ cups soaked cashews
- ¼ cup lemon juice
- 2 tablespoons agave syrup
- small pinch salt
- 1 teaspoon liquid vanilla
- ¾ cup water

MAKING THE CRÊPE

Blend all crêpe ingredients until smooth and consistent. Pour out onto a dehydrator sheet (with teflex) and spread with a spatula until mixture forms an even, thin layer. (It should cover the entire dehydrator sheet, leaving a half-inch border.) Dehydrate at 145° for 1

hour, then turn down temperature to 115° and continue dehydrating for another 18 hours. The mixture should not be fully dry, just soft and pliable enough to roll.

With a butter knife (or some similar non-sharp object), gently cut through the dehydrated crêpe to create four equal-sized crêpes. These are now ready to use. Simply fill with the berry jam, roll up, top with crème fraiche, and serve.

Serving tip: Sprinkle some whole berries on top before serving.

MAKING THE BERRY JAM

Blend all ingredients except the strawberries until smooth. Don't over-blend as this may cause the jam to lose color.

Pour blended mixture into a small bowl and toss in the chopped strawberries. Stir them in until mixture is consistent.



Cashew Crêpe with Berry Jam

MAKING THE CRÈME FRAICHE

Blend all ingredients until smooth and creamy.

Pour directly from blender onto finished, rolled crêpes. You can also transfer the crème fraiche to a squeeze bottle for easier use.

Variations: The blueberries in the jam can be replaced with any kind of fresh berry. The real variation with these crêpes comes with the filling. You can put just about anything you wish in these crêpes, sweet or savory. One truly amazing variation is to fill the crêpe with sliced banana, Macadamia Caramel sauce (recipe on page 127), and our Raw Chocolate Sauce (recipe on page 161). Decorate top of crêpe with more of both sauces. Wow!

Note: Once filled, serve crêpes immediately, as they will start to absorb moisture and after about an hour will lose their texture and definition.

Storage and life span: The crêpes will last for at least a week but should ideally be eaten shortly after they are ready. Store unused crêpes in an airtight container at room temperature. The jam and the crème fraiche will both last about four to five days.

Pistachio Baklava

Makes 12 servings

BAKLAVA "PHYLLO DOUGH"

- 1½ cups soaked cashews
- 2 tablespoons lemon juice
- ¼ teaspoon salt
- 2 tablespoons agave syrup
- ½ cup water
- 1 tablespoon liquid vanilla

Blend all ingredients until smooth and creamy; you will need a blender plunger for this. Pour on dehydrator sheet (with teflex) and carefully spread around with a spatula until mixture is covering most of the sheet in a thin, consistent layer. Dehydrate at 145° for 1 hour, then at 115° for a full 24 hours. Sheet should not be fully dry—you want to be able to pick it up and work with it, not have it crumble apart.

PISTACHIO SPICE FILLING

- 1½ cups pistachios
- ¼ teaspoon salt
- 4 tablespoons agave syrup
- ½ tablespoon liquid vanilla
- ½ tablespoon lemon juice
- ¼ teaspoon clove
- ¼ teaspoon cardamom

Lightly process the pistachios, salt, and spices first. Add the rest of the ingredients and continue processing until mixture is consistent and pistachios are still slightly chunky.

BAKLAVA ASSEMBLY DIRECTIONS

Carefully cut the dehydrated "phyllo dough" into four equal-size pieces, and then divide the Pistachio Spice Filling into three equal-size portions. Put one piece of dough down as the bottom layer, and

then gently spread (by hand is easiest) one portion of the filling evenly on top of the bottom layer. Gently place another layer of dough on top, and continue alternating until there are four total layers of dehydrated dough and three layers of Pistachio Spice Filling. Now, with a sharp serrated knife, carefully cut into 12 equal-size pieces.

TOPPING

1–2 tablespoons yacon syrup

Lightly drizzle a small amount of the yacon syrup on top of each serving. Using a brush or your finger, spread syrup evenly to create a light-brown “glaze.”

Storage and life span: This baklava should last for at least one week. Store in an airtight container at room temperature.



Pistachio Baklava

Raw Chocolate

Makes about 6 cups chocolate

3½ cups cacao butter

4 vanilla beans (scraped insides only)

1 cup + 3 tablespoons powdered sucanat (finely ground
in coffee grinder)

⅓ cup agave syrup

¾ teaspoon salt

21 ounces cacao powder (weight)

Blend the melted cacao butter and scraped vanilla until vanilla is completely broken down and mixture is warm.

Pour 2 cups of blended vanilla-butter in your food processor (leave the remaining 1½ cups in the blender). Add to the processor half the amount of cacao powder and begin processing (1 minute).

Stop to add the salt and powdered sucanat. Resume processing (1 minute).

Resume blending the remaining 1½ cups vanilla-butter. While blender is running, slowly pour in the agave and blend until well combined. Add the blended agave portion to the food processor and resume processing (1 minute).

Stop to add the remaining cacao powder and process for an additional 2–3 minutes, scraping sides with spatula if needed.

Use chocolate as needed—pour into a bowl for dipping truffles or into molds for chocolates, or begin the tempering process if you are really ambitious! Tempering chocolate is a process of raising and lowering the temperatures to achieve the ideal crystalline structure of the chocolate. The temperatures are all in the raw range and go in this order: heat chocolate to 113°F (45°C), cool to 80°F (27°C), then reheat up to 88°F (31°C). Tempering is a time-consuming and very precise technique used to create chocolate that is stable at room temperature. Making chocolate does not require tempering, but untempered chocolate must be kept in the fridge.

Note: Sometimes chocolate will come out very thick. This may happen for several reasons, the most common one being that water has somehow gotten into the chocolate. Even just a very small amount of water may cause the chocolate to “seize” due to a chemical reaction. Seized chocolate actually contracts and becomes very thick. The best way to deal with this is to add more melted cacao butter, a tablespoon at a time, until the mixture thins out to the proper consistency. The ideal consistency is when chocolate can thickly coat a spoon and the excess can easily and smoothly run off it.

Make half a recipe if your processor has less than 6-cups capacity

Variations: Coconut and/or maple sugar can be substituted for the sucanat in this recipe. If you are substituting sweeteners, make sure it is in a dry form. We don't recommend substituting agave syrup or other liquid sweetener for the sucanat.

Storage and life span: Store chocolate in the fridge. Chocolate lasts for a long time. This chocolate will remain delicious for at least two months.

Raw Chocolate Sauce

Makes 2½ cups sauce

- 1 cup almond milk
- 2 ounces cacao powder (weight)
- ¼ cup cacao nibs
- ½ cup agave syrup
- ¼ cup liquid vanilla
- 4 ounces date paste (weight)
- ¼ teaspoon salt

Blend all ingredients until smooth and creamy. Pour into squeeze bottle or other container and use as needed.

Storage and life span: This chocolate sauce will keep for at least five days. Store in an airtight container in the fridge.

Raw Cacao Fudge

Makes 25 fudge squares

- 1 cup cacao butter
- 3 vanilla beans (scraped insides only)
- 1 cup agave syrup
- ½ cup cacao nibs (finely ground in coffee grinder)
- 8½ ounces cacao powder (weight)
- ¾ cup almond butter
- ½ teaspoon salt

Slice the vanilla beans in half lengthwise. With a spoon, thoroughly scrape the insides of the beans and add to blender. Add the melted cacao butter to the blender and blend until vanilla is totally broken down and mixture feels warm. Pour into a large mixing bowl; stir in the salt, agave, and almond butter by hand.

Grind the cacao beans/nibs in a coffee grinder until finely ground (be sure to wash and wipe the grinder free of coffee or whatever else was in there). Add to the bowl along with the cacao powder and stir by hand until smooth and there are no pockets of cacao powder.

Transfer mixture to a baking sheet or pan (8x8x2 inch is ideal), lined with heavy waxed paper. Use a spatula to get a smooth top. Set in the fridge or freezer until fudge becomes hard (20 minutes). Remove from fridge or freezer and pull fudge off the baking sheet onto a cutting board. Cut into the size and shapes you choose!

You must use waxed paper or teflex sheets, or the fudge will stick to the pan and the whole thing will become a big mess.

Variations: You can vary this fudge recipe by adding different elements like dried fruit or plant/flower essences. My favorite thing to add is dried raspberries. It's always best to dehydrate your own raspberries or other fruit if you have a dehydrator. That way you know it was dehydrated at a raw temperature (115° or below). Any dried berry tastes good in this fudge; also try goji berries, blueberries, or strawberries.

Substitutions of other nut butters for almond is another fun variation to play with. Try macadamia, hazelnut, pecan, cashew, or coconut butters. You can be creative with flavor additions as long as it is a small amount of a dry ingredient; otherwise the intensely explosive chocolate flavor of this fudge stands on its own.

Storage and life span: Fudge should ideally be stored in the fridge, although this fudge holds and lasts very well even out of fridge. Stays yummy for two to four weeks!

Super Cacao Balls

Makes 27 balls

- 2 cups cacao nibs
- 1 tablespoon maca powder
- 2 ounces cacao powder (weight)
- 1¼ teaspoon salt
- ¾ cup almond butter
- ⅓ cup yacon syrup
- 3 tablespoons coconut oil
- 1 tablespoon liquid vanilla

Finely grind the cacao nibs in a coffee grinder or dry blender. Mix all ingredients by hand in a bowl until mixture is consistent. Scoop out balls using a small ice cream scoop. Balls can be served immediately or placed in fridge to firm up first.

Variation: You can replace the maca powder with any other powdered superfood. For a delicious, spicy version simply add a half teaspoon cayenne or more to taste.

Storage and life span: These balls will keep for at least two weeks! Store in an airtight container in the fridge.

Mighty Chocolate Nut-Seed Bars

Makes 24 bars

- 3 cups almonds
- $\frac{3}{4}$ cup pumpkin seeds
- $1\frac{1}{3}$ cups sunflower seeds
- $\frac{2}{3}$ cup cacao nibs
- $\frac{3}{4}$ cup sesame seeds
- 1 cup + 2 tablespoons coconut flakes
- $\frac{2}{3}$ cup goji berries
- $\frac{3}{4}$ cup hempseeds
- $\frac{1}{2}$ cup flax seeds
- $1\frac{1}{4}$ teaspoons salt
- 1 vanilla bean (scraped insides only)
- $\frac{3}{4}$ cup agave syrup
- $\frac{3}{4}$ cup cacao butter
- $\frac{3}{4}$ cup almond butter



Raw Cacao Fudge, Mighty Chocolate Nut-Seed Bars, and Super Cacao Balls

Lightly process the almonds until about a quarter of them are still mostly whole.

Using a coffee grinder, finely powder the flax seeds and half the amount of sesame seeds.

Blend the scraped vanilla with melted cacao butter. Combine all dry ingredients in a bowl and toss until well mixed.

Add the blended cacao-vanilla butter, agave syrup, and almond butter and mix by hand until all ingredients are thoroughly combined.

Remove 3 cups of mixture and process until it is mostly broken down. It should resemble a moist pie crust. Add back to rest of mixture and thoroughly re-incorporate.

Using a teflex sheet or heavy waxed paper, line a baking pan (8x8x2 inch) and spread mixture evenly into the pan. Keep thickness as consistent as possible, firmly pack, then smooth over the top with a spatula. Place in fridge or freezer until mixture is solid and hard to the touch (about 30 minutes).

Remove from pan and set block on cutting board. Using a sharp serrated knife, cut the block into whatever size pieces you wish. Once bars are cut, set in fridge or freezer to chill for 20–30 minutes before dipping in chocolate.

Take a baking sheet and top it with a teflex sheet or heavy waxed paper. Once bars are chilled and chocolate is ready, dip a half-inch of the bar in the melted chocolate (recipe on page 160). Place the dipped bars on the baking sheet and set in fridge or freezer until chocolate is hard. Of course, the dipping in chocolate step can be omitted and these bars will still be delicious by themselves.

Variations: Multiple ingredients lend themselves to variation in this recipe. You can substitute any other dry nut (such as hazelnuts or pistachios) for the almonds. The goji berries can be replaced with any other dried berry or fruit (such as mulberries, cranberries, or apples). For a really low-glycemic version, substitute yacon syrup for the agave syrup and add some spices like cinnamon and ginger.

Storage and life span: Store these bars in the fridge. They will keep for many weeks.

Brazil Nut Ganache Truffles

Makes 22 large truffles

BRAZIL NUT CREAM

1¼ cups Brazil nuts

1¼ cups water

Blend nuts and water together until nuts are completely broken down. Allow to steep for 10 minutes, then strain the Brazil nut cream.

GANACHE

Brazil Nut Cream (see above)

6½ tablespoons agave syrup

3 ounces cacao powder (weight)

¼ teaspoon salt

3 vanilla beans (scraped insides only)

½ cup cacao butter

Blend the Brazil nut cream with the agave, cacao powder, and salt until smooth and creamy. Set aside. Blend the melted cacao butter with the scraped vanilla beans. Once vanilla is thoroughly blended and oil is warm, slowly pour in (while blender is running) the Brazil nut cream-cacao mixture and continue blending until well incorporated. Pour into a container and set in fridge overnight, or until mixture has firmed up enough to easily scoop.

Scoop out truffles using a 1½-inch ice cream scoop and set on a non-stick baking sheet (or dehydrator tray with teflex sheet). Freeze the scooped ganache before dipping in melted chocolate (recipe, page 160). Process some Brazil nuts and either roll entire truffle in processed Brazil nuts (you will need about 2 cups of nuts for this) or garnish each truffle with a light sprinkling of processed Brazil nut. Whichever way you decide to garnish them, it must be done immediately after dipping, as the frozen truffle will make the chocolate harden right away. If you choose to roll truffle in Brazil nuts (preferred method), finish by striping a light amount of choco-

late over the top of the truffle. Truffles are now done, although they may still be slightly frozen in the middle. You may want to put them all in the fridge for several hours before serving.

Storage and life span: These truffles will keep for at least four days. Store in an airtight container in the fridge.



Brazil Nut Ganache and Macadamia Butter Truffles

Macadamia Butter Truffles

Makes about 18 large truffles

- 1½ cups macadamia-cashew butter
- 2 cups macadamias
- ½ vanilla bean (scraped insides only)
- 3 tablespoons agave syrup
- ½ teaspoon salt

Lightly process the macadamias so that they are slightly broken down but mostly chunky. Transfer to a bowl and toss with salt. Add the scraped vanilla bean to bowl and incorporate by rubbing it between your hands with the processed nuts. Remove and discard any larger fibrous vanilla bits that may be in there.

Add the macadamia-cashew butter and agave syrup and stir until all ingredients are well combined. Put entire bowl in freezer, stirring occasionally until mixture has considerably hardened up (about 30 minutes). Scoop out truffles using a small ice cream scoop and lay on a non-stick surface. Place scooped truffles in freezer until hard. Dip truffles in melted chocolate (recipe on page 160). See truffle assembly directions, page 156.

Optional: Immediately after dipping, sprinkle some processed macadamias on top or place a whole nut on top for decoration. You can also finish this truffle by striping a light amount of chocolate over the top.

Storage and life span: These truffles will keep for at least one week. Store in an airtight container in the fridge.

Almond Butter Cups

Makes 18 fillings

1 cup almond butter

¼ cup cacao butter

¼ cup agave syrup

2 tablespoons powdered sucanat (finely ground in coffee grinder)

¾ teaspoon salt

Mix all ingredients by hand in a bowl. Place mixture in fridge or freezer.

ridge.

chocolate items made with this filling in an airtight container in the storage and use span. This filling will keep for at least one week. Store the almond extract.

Variation: Try using hazelnut extract in place of or combined with hazelnuts.

assembly directions, page 128. Garnish top of cup with several whole almonds (not too sticky (about 10 minutes), proceed with chocolate cup or freezer to chill. When the consistency has slightly thickened and processing until smooth. Transfer mixture to a bowl and place in fridge until smooth. Now add the melted cacao butter and continue processing until smooth. Now add the melted cacao butter and continue processing until smooth. Now add the melted cacao butter and continue processing until smooth.

Add the agave, liquid vanilla, and almond extract and process stop to scrape sides of processor bowl as needed.

Process hazelnuts and salt until nuts are as broken down as possible.

1/2 teaspoon salt

2 teaspoons almond extract

1/2 cup cacao butter

1 tablespoon liquid vanilla

1/2 cup agave syrup

1 cup hazelnuts

Makes 14 fillings

Agave Caramel Amaretto Cup

ridge.

chocolate items made with this filling in an airtight container in the storage and use span. This filling will keep for at least one week. Store of cup with several almonds.

Follow chocolate cup assembly directions, page 128. Garnish top

Almond-Coconut Joy Truffles

Makes 30 truffles

- 1¼ cups powdered coconut flakes (process in coffee grinder or blender with dry blade)
- 2¼ cups coconut flakes (medium-sized flakes)
- ½ vanilla bean (scraped insides only)
- ⅔ cup agave syrup
- 7 tablespoons coconut butter (see Chapter 1, page 7)
- ½ cup almonds
- ¼ teaspoon salt

Place powdered coconut and coconut flakes in bowl and mix in scraped vanilla bean. Rub portions of mixture between your hands to really break up the vanilla chunks and evenly distribute. Once mixture is thoroughly speckled with vanilla bean, remove any larger fibrous chunks of the vanilla and discard.

Melt down the coconut butter over a double boiler, stirring as it melts. Add the melted coconut butter and agave to mixture and stir by hand until thoroughly combined.

Place entire bowl in fridge. You want the mixture to slightly harden before scooping. Stir several times while in fridge so it is consistently hardened. There is a point where it is perfect to scoop into balls, probably after only 20 minutes. You don't want it to harden nearly all the way or it is very difficult to scoop properly.

Using a small ice cream scoop, begin forming the truffles in the following order: scoop a little mixture, press in one almond, scoop a little more mixture, press in another single almond, and close up the bottom with more mixture, scraping it smooth to create a flat bottom. There should be two almonds in each truffle, which is roughly a half-cup of almonds total (of course you can add more almonds to each truffle or omit them entirely).

Chill the formed truffles in the fridge or freezer until fairly solid to the touch (about 25 minutes). Using a fork, dip truffles in melted

chocolate (recipe on page 160). See truffle assembly directions, page 156.

Variations: Try using a different nut, like macadamias, Brazil nuts, or pistachios. Or make it a nut-free coconut truffle. Regular virgin coconut oil can be substituted for the coconut butter, but the results won't be the same.

Note: To get the proper texture, medium-grade coconut flakes must be used. Don't use finely desiccated coconut flakes. The coconut butter used here is the kind mentioned in Chapter 1. It is an amazingly delicious and decadent actual butter, like almond or peanut butter. This coconut butter created a real distinction between coconut "oil" and "butter" (usually hardened coconut oil is referred to as "butter"). The meat of the mature coconut is creamed (at low heat) to create this incredible product. This ingredient is really what makes this truffle so outstanding, and we don't recommend making this candy unless you have this specific item.

Storage and life span: Store in fridge. These should remain fresh for at least two weeks.

Maca Malt Cups

Makes about 17 fillings

$\frac{3}{4}$ cup Brazil nuts (4 ounces weight)

$\frac{1}{3}$ cup agave syrup

1 tablespoon liquid vanilla

$\frac{1}{4}$ cup maca

$\frac{1}{4}$ teaspoon salt

$\frac{1}{4}$ cup cacao butter

Process Brazil nuts with salt until they are completely broken down. Then add in the agave and liquid vanilla. Continue processing until smooth. Transfer mixture to a bowl and incorporate by hand the



Maca Malt Cup and Almond-Coconut Joy Truffle

melted cacao butter and maca. Stir until well combined and there are no chunks of maca. Set aside in a bowl at room temperature.

Follow chocolate cup assembly directions, page 158. To garnish, slowly slice a Brazil nut in half (lengthwise) using a serrated paring knife. Gently lay and push halved Brazil nuts (flat side facing up) in middle of cup.

Storage and life span: This filling will keep at least one week. Store chocolate items made with this filling in an airtight container in the fridge.

Açaí Cups

Makes 14 fillings

- 1/3 cup açai powder (2 ounces weight)
- 1/2 cup agave syrup
- 1/8 teaspoon salt
- 3/4 cup coconut flakes
- 2 tablespoons cacao butter

Powder the coconut flakes as fine as possible in a coffee grinder or dry blender. Process all ingredients until just combined; over-processing will cause the oil to separate. Set aside in a bowl at room temperature. Follow chocolate cup assembly directions, page 158.

Storage and life span: This filling will keep at least one week. Store chocolate items made with this filling in an airtight container in the fridge.

Vanilla-Hempseed Cups

Makes 22 fillings

- 2 cups hempseeds
- 6 tablespoons agave syrup
- 1/4 teaspoon salt
- 3 vanilla beans (scraped insides only)
- 1/4 cup cacao butter

Blend the scraped vanilla with the melted cacao butter and agave syrup on low speed until vanilla is totally broken down. Transfer mixture to a bowl. Add the remaining half-cup of hempseeds to bowl and mix by hand until well combined. Set aside in a bowl at room temperature.

Follow chocolate cup assembly directions, page 158. Garnish top of cup with a generous sprinkling of hempseeds.

Storage and life span: This filling will keep for at least one week. Store chocolate items made with this filling in an airtight container in the fridge.

Peppermint Cups

Makes 15 fillings

- $\frac{2}{3}$ cup soaked cashews
- $\frac{1}{2}$ cup coconut flakes
- $\frac{1}{3}$ cup agave syrup
- $\frac{1}{3}$ bunch spearmint (leaves only)—about $\frac{1}{2}$ cup
- $\frac{1}{4}$ teaspoon salt
- $1\frac{1}{2}$ teaspoons lemon juice
- $\frac{1}{4}$ cup coconut oil (unscented)
- 1 tablespoon peppermint extract

Blend the agave syrup, mint leaves, lemon, and cashews until smooth (you will need a plunger for this). Powder the coconut flakes as fine as possible in a coffee grinder or dry blender. Transfer to food processor with rest of ingredients and process until as smooth as possible. Place entire bowl in fridge or freezer to thicken. Stir several times while mixture is firming up for a consistent texture. Allow to chill 20–30 minutes or until mixture is firm enough to be used with a pastry bag. Follow chocolate cup assembly directions, page 158.

SPECIAL GREEN SWIRL GARNISH

Blend $\frac{1}{2}$ cup melted cacao butter with 1 teaspoon powdered green food and 5 large spearmint leaves. Spoon about $\frac{1}{4}$ teaspoon on top of each cup (before cup is set). This mixture will need to be stirred



White Chocolate Lavender Cups and Peppermint Cups and Medallions

often while working with it. With a chopstick, lightly swirl the green butter into the chocolate.

Variation: You can also create peppermint “medallions” with this filling. Scoop a small amount of chilled filling and gently flatten by hand into a disc shape (about the size of a quarter). Chill the medallions and dip in chocolate.

Note: Do not over-blend or over-process the filling as this will darken the color.

Storage and life span: This filling will keep for at least four days. Store chocolate items made with this filling in an airtight container in the fridge.

White Chocolate Lavender Cups

Makes 18 fillings

- ½ cup agave syrup
- 2½ teaspoons dry lavender flowers (powder first in coffee grinder)
- 1 vanilla bean (scraped insides only)
- ⅔ cup soaked cashews
- ⅔ cup powdered coconut flakes (use a coffee grinder)
- ⅓ cup cacao butter
- ½ teaspoon salt

Blend agave syrup, lavender, and vanilla until warm and lavender is totally broken down. Add melted cacao butter and continue blending. Add cashews and blend until smooth (use plunger). Transfer to food processor, add coconut and salt, and process until smooth. Place entire bowl in fridge or freezer to thicken. Stir several times while mixture is firming up for a consistent texture. Allow to chill 10–20 minutes or until mixture is firm enough to be used with a pastry bag.

Follow chocolate cup assembly directions, page 158. Garnish with a very light sprinkling of lavender flowers.

Storage and life span: This filling will keep for at least four days. Store chocolate items made with this filling in an airtight container in the fridge.

RECIPES OF CAFÉ GRATITUDE

SWEET GRATITUDE

*A New World of
Raw Desserts*



Matthew Rogers

AND

Tiziana Alipo Tamborra

FOREWORD BY TERCES ENGELHART
author of *I Am Grateful* and co-founder of Café Gratitude

YOU ARE



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