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Desserts For Two: Over 50 Quick & Easy Gluten Free Low Cholesterol Whole Foods Recipes Full Of Antioxidants & Phytochemicals (Natural Weight Loss Transformation Book 57)





Synopsis

How Can You Go Wrong With 100% Superfoods Desserts?FACT:Way too many of us live in a state of poor health, lethargy and moderate obesity. We live with headaches, back pain, inflammation, arthritis, high blood pressure, high cholesterol, diabetes, skin problems, insomnia and cancer â “ theyâ™re all the byproducts of modern western diet, based on processed food. Superfoods are foods and the medicine and they can help with all these symptoms!!Desserts for Two - second edition contains over 50 Superfoods Desserts recipes for two, created with 100% Superfoods:â ¢ Superfoods Raw Vegan Desserts - Half of the recipes are Raw Veganâ ¢ Superfoods Vegan Desserts - Three Quarters of the recipes are Veganâ ¢ All Recipes are 100% Gluten Free and Wheat FreeMost of the desserts can be prepared in just 10 minutes. Each recipe combines Superfoods ingredients that deliver astonishing amounts of antioxidants, essential fatty acids (like omega-3), minerals, vitamins, and more. â œOur Food Should Be Our Medicine And Our Medicine Should Be Our Food.â • - Hippocrates 460 - 370 BCWould You Like To Know More?Download and start getting healthier today.Scroll to the top of the page and select the buy button.

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Customer Reviews

This elegant, gluten-free main is special enough for a dinner party, yet simple and quick to make for no fuss entertaining. I made some of the dessert last Sunday and the whole thing disappeared very quickly. A very yummy light pudding that is also low in fat - definitely a keeper! I shall be making this again very soon as everyone really enjoyed it.

it helped me so much ,it has so many recipes. i loved the yogurts and the pies and i love all of . the book you have .

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