



Healthy Desserts: 40 Quick & Easy Cooking, Gluten-Free Cooking, Wheat Free Cooking, Natural Foods, Whole Foods Diet, Dessert & Sweets Cooking, Healthy ... loss energy-cooking for two) (Volume 41)

Don Orwell

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How Can You Go Wrong With 100% Superfoods Healthy 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 – they’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!! Healthy Desserts contains over 50 Healthy Superfoods Desserts recipes, created with 100% Superfoods: • Superfoods Raw Vegan Desserts - Half of the recipes are Raw Vegan • All Recipes are 100% Gluten Free and Wheat Free Most 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.

“Our Food Should Be Our Medicine And Our Medicine Should Be Our Food.” - Hippocrates 460 - 370 BC

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