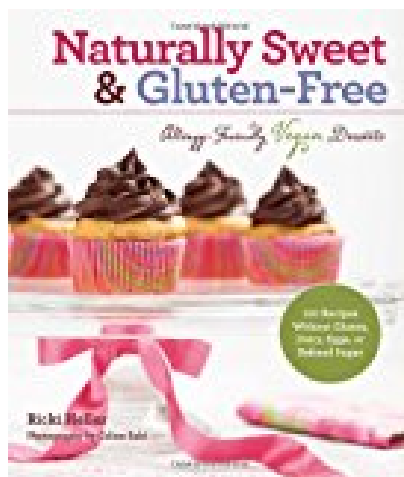


Naturally Sweet & Gluten-Free Allergy-Friendly Vegan Desserts 100 Recipes Without Gluten Dairy Eggs or Refined Sugar



BOOK DETAILS

- Author : Ricki Heller
- Pages : 224 Pages
- Publisher : Sellers Publishing, Inc.
- Language : English
- ISBN : 1416209174

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BOOK SYNOPSIS

Finally a dessert book without gluten, eggs, dairy or refined sugars! Allergy-friendly and entirely vegan, the "sweets" in this book are great tasting and good for you too! Through years of recipe testing and receiving feedback from thousands of comments on her blog, Diet, Dessert and Dogs, Heller has taken great care to ensure that every recipe from this book will taste just as good as a traditional dessert — and some, even better! With a lower glycemic index than "regular" desserts, these healthy versions of traditional favorites: Frosted Vanilla Cupcakes, Pumpkin Loaf, Chocolate Chip Cookies, and Chocolate Pecan Pie are sure to delight. There are also a huge array of desserts made with creative combinations of ingredients (yep, some vegetables, too) and innovative, unusual uses of alternatives to provide the greatest health benefits possible. Who knew gluten-free, vegan desserts could be so delicious and delightful?

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