



Healthy Desserts: Over 70 Quick & Easy Gluten Free Low Cholesterol Whole Foods Recipes full of Antioxidants & Phytochemicals (Natural Weight Loss Transformation Book 96)

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-**third edition** contains over 70 Healthy Superfoods Desserts, created with 100% Superfoods:

- Superfoods Raw Desserts
- Superfoods Vegan Desserts
- All Recipes are 100% Gluten Free and Wheat Free

Most of the desserts can be prepared in just 10-15 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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Norma Baumgarten:

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