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Healthy Desserts: 70+ Quick & Easy Cooking, Gluten-Free Cooking, Wheat Free Cooking, Paleo Desserts, Whole Foods Diet, Dessert & Sweets Cooking, ... loss energy-cooking for two) (Volume 96)

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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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