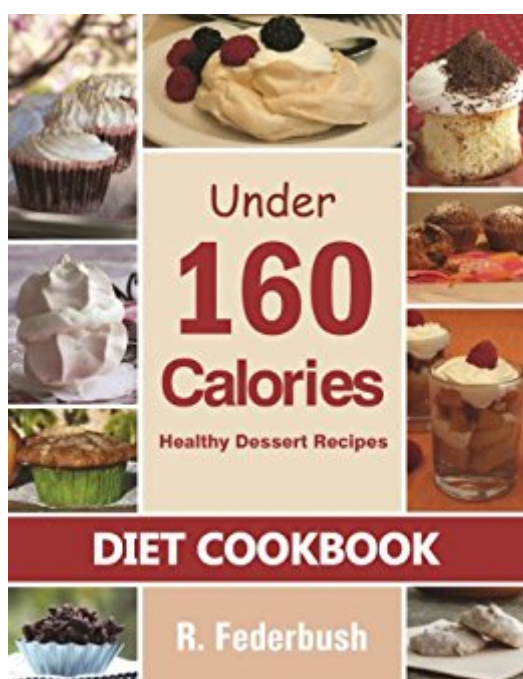


The book was found

# Delicious Dessert Recipes Under 160 Calories. Naturally, Healthy Desserts That No One Will Believe They Are Low Fat & Healthy (Diet Cookbooks, Cookbook Healthy Collection)



## Synopsis

# 1 Best Seller Is your sweet tooth sabotaging your diet? This is the book for you! "Fabulous recipes" - Grady Harp TOP 50 REVIEWER I love to eat cookies and cakes. Yes, I know these 1,000 calorie cakes aren't particularly good for anybody; but research shows that we are all born with a taste for sweet things, and it's certainly not reasonable to avoid them forever. This desserts cookbook is designed for people who want to treat themselves from time to time to delicious, low fat dessert without gaining a pound. All the healthy dessert recipes are as sweet as regular cakes and use only natural ingredients such as sugar with no artificial sweeteners or other synthetic products. With the "Diet Cookbook: Healthy Dessert Recipes Under 160 Calories" you will :Know the exact size of dessert you can eat without gaining weight or impairing your health. This diet cookbook laden with healthy dessert recipes will help you to keep your weight down. Read about the famous nutritionist, Professor Marion Nestle, who wrote in her book "What to Eat" that she allows 10% of her calorie intake as sugars. The calorie intake of the average person is 1,600-2,200 daily. With this low-fat cookbook, you will never have to worry about overeating. The portions and calories are already calculated for you, and they are exact! Discover easy European baking techniques to create low-fat desserts containing no more than 160 calories. Amaze your loved ones on birthdays and holidays with delicious healthy dessert recipes that no one will believe are diet recipes. Learn that the best way to reduce calories in sweet treats is to reduce fat content and what's more, to do so without anyone knowing that they are eating low-fat desserts. The average cake contains one cup of oil or butter with 1,700 calories! This dessert cookbook is perfect for teaching you how to make healthy dessert recipes. These healthy dessert baking tips make cookbook weight loss simpler than ever. Enjoy a good-sized, healthy dessert (the size of a standard muffin, cupcake, or two large cookies) without feeling guilty. Treat your children to healthy, tried-and-tested low-fat desserts they will love. Scroll up, click the buy button, and get started today!

## Book Information

File Size: 2399 KB

Print Length: 130 pages

Publisher: Diet Cookbooks, cookbook weight loss; 1st edition (July 22, 2014)

Publication Date: July 22, 2014

Sold by:Â Digital Services LLC

Language: English

ASIN: B0094FZZGG

Text-to-Speech: Enabled

X-Ray: Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #15,224 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #3 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diets & Weight Loss > Diets > Healthy #5 in Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Baking > Desserts #5 in Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Natural Foods

## Customer Reviews

Revital Federbush is Santa Claus! Not that her healthy low caloric non-fattening sweets are for the holidays only (they can easily be enjoyed year round), but coming out right now with a book that can maintain that wonderful everybody-in-the-kitchen tradition for creating special goodies for Christmas etc, down goes the guilt of holiday gluttony and up go the hurrahs for Revital Federbush. Anyone who can open a book with a confessional has to be respected, and Federbush offers the following: "My biggest weakness in life is my love and craving for all kinds of sweets- muffins, cookies, cupcakes " you name it. The problem is that I don't like being fat or going to the gym that much, either. Ever since I can remember, my dream was to create a cookbook for people like me. I started to invent treat recipes that were tasty and of sufficient size (for example, a standard-sized muffin or two large cookies) and had up to 160 calories so everyone can eat them without gaining weight. All of these treats are as sweet and as tasty as your ordinary desserts. Also, there is no use of artificial sweeteners or any other substitutes. All of the ingredients are natural and healthy. All the recipes in this book have been tested on children as well as adults. Only recipes that children liked were included in the book. I like regular cake, with real sugar, no artificial sweeteners, and only natural ingredients. The entire secret of how to bake delicious cakes with Greek yogurt and applesauce instead of oil: the most fattening ingredient of a cake is the fat!

[Download to continue reading...](#)

Delicious Dessert Recipes Under 160 Calories. Naturally, Healthy Desserts That No One Will Believe They Are Low Fat & Healthy (Diet Cookbooks, Cookbook healthy Collection) Low Carb Diet Book Collection: 90 Amazing Recipes - Low Carb Casseroles, Low Carb Soups, Low Carb Fat Bombs and Low Carb Ice Cream: (Fat Bomb Recipes, ... healthy eating recipes, ketogenic desserts) Low Carb Diet - Top 200 Low Carb Recipes Cookbook: (Low Carb, Budget Cookbook, Low Carb

Diet, Low Carb Recipes, Atkins Diet, Low Carb Slow Cooker Recipes, Low Carb Living) Low Carb Cookbook: Delicious Snack Recipes for Weight Loss. (low carbohydrate foods, low carb cooking, low carb diet, low carb recipes, low carb, low carb ... dinner recipes, low carb diets Book 1) Low carb cookbook: 35 delicious snack recipes for weight loss. Low carb cooking, low carb diet, low carbohydrate, low carb recipes, low carb, low carb ... low carb cooking, weight loss Book 1) Low Carb: Low Carb, High Fat Diet. The Winning Formula To Lose Weight (Healthy Cooking, Low Carb Diet, Low Carb Recipes, Low Carb Cookbook, Eat Fat, Ketogenic Diet) Low Carb: Low Carb Diet For Beginners. How To Lose 10 Pounds in 10 Days: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, ... diet for dummies, low carb high fat diet,) Low Carb High Fat Cookbook: Bacon, Butter & Coconut Oil-101 Healthy & Delicious Low Carb, High Fat Recipes Perfect For the Paleo Diet, Atkins Diet, Low ... Paleo Cookbook, Gluten Free Cookbook) 50 Delicious Pumpkin Dessert Recipes - Pumpkin Pie, Pumpkin Cookies, Pumpkin Muffins and More (The Ultimate Pumpkin Desserts Cookbook - The Delicious ... Desserts and Pumpkin Recipes Collection 1) Atkins Diet: 50 Low Carb Recipes for the Atkins Diet Weight Loss Plan (Atkins Diet Books, Atkins Diet Recipes, Weight Loss Cookbook, Weight Loss Diet, Diet Cookbooks, Atkins Diet Cookbook) Low Carb Diet: 15 Healthy And Delicious Low Carb Salads To Lose Weight Fast: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb ... Ketogenic Diet to Overcome Belly Fat) Low Carb Freezer Meals: 26 Make-Ahead Low Carb Freezer Meals: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low ... Ketogenic Diet to Overcome Belly Fat) Low Carb Casseroles: 21 Super Satisfying Low Carb Casseroles: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low ... Ketogenic Diet to Overcome Belly Fat) The Skinny Steamer Recipe Book: Delicious Healthy, Low Calorie, Low Fat Steam Cooking Recipes Under 300, 400 & 500 Calories Low Carb BOX SET 4 IN 1: 100 Best Low Carb Recipes You Will Love!: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, ... low carb lunches, low carb dinners,) Ketogenic Diet: 30 Delightful Dessert Recipes: 1 Month of Keto Desserts + FREE GIFT (Ketogenic Cookbook, High Fat Low Carb, Keto Diet, Weight Loss, Epilepsy, Diabetes) Low Carb Diet. Slow Cooker Recipes: 25 Delicious Low Carb Dinners To Lose Weight Fast: (low carbohydrate, high protein, low carbohydrate foods, low carb, ... Ketogenic Diet to Overcome Belly Fat) Low Carb Ice Cream: 21 Great Low Carb Sugar Free Ice Cream Recipes: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, ... Ketogenic Diet to Overcome Belly Fat) Low Carb Mexican Recipes: 25 Of Your Favorite Mexican Recipes Made Low Carb!: (low carbohydrate, high protein, low carbohydrate foods, low carb, low ... Ketogenic Diet to Overcome Belly Fat) Low Carb Diet BOX SET 3 IN 1: 30

Low Carb Snacks + 21 Low Carb Casseroles + 20 Low Carb Soups: (low carbohydrate, high protein, low carbohydrate foods, ... Ketogenic Diet to Overcome Belly Fat)

[Dmca](#)