



## Superfoods Desserts: 40 Quick Easy, Gluten-Free, Wheat Free, Whole Foods Superfoods Sweet Cakes, Truffles, Cookies and Pies (Paperback)

By Don Orwell

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.How Can You Go Wrong With 100 Superfoods 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!! Superfoods Desserts contains 40 Superfoods Desserts recipes created with 100 Superfoods. Superfoods Cakes, Truffles, Cookies and Pies All Recipes are 100 Gluten Free, Soy 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 Would You Like To Know More? Download and start getting healthier today. Scroll to the top of the page and select the buy button.



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