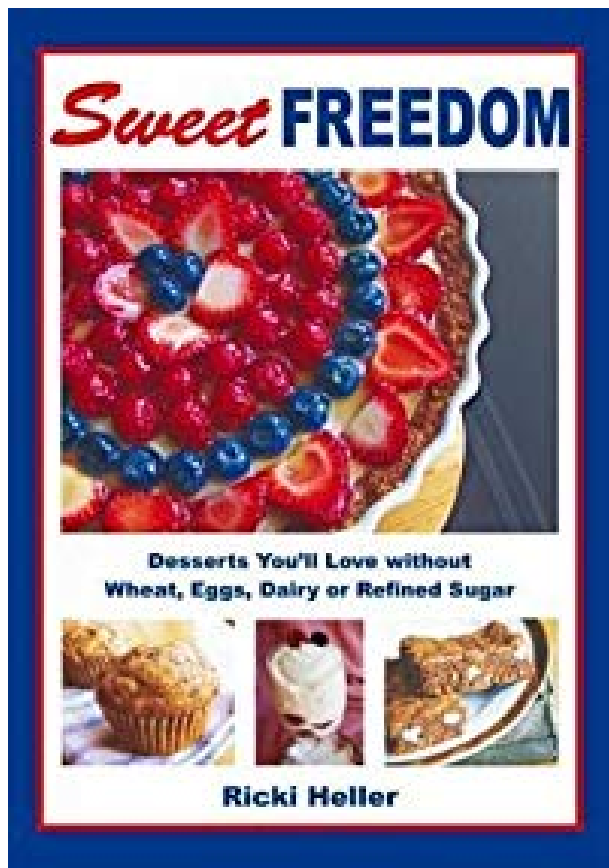


Sweet freedom : desserts you'll love without wheat, eggs, dairy or refined sugar



Pages:	168
Language	English
Author:	Ricki Heller
ISBN10:	1425176933
Genre:	Food and Drink
ISBN13:	9781425176938
Goodreads Rating:	4.50
Published:	2009 by Trafford

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To many of us, the term "healthy dessert" sounds like an oxymoron. After all, conventional desserts contain many not-so-healthy ingredients: butter is high in saturated fat; eggs are loaded with cholesterol; milk contains allergy-inducing lactose or casein; refined sugars and flours have been stripped of almost all their nutrients. Yet we have to wonder, is it possible to enjoy authentic desserts without consuming any of these offending foods? Delicious, appealing, and healthy treats seem to be the last unconquered frontier when it comes to today's health revolution. Finally, Sweet Freedom proves that you can have your cake, and great health too! With over 100 original, innovative sweet treats using whole, natural, unprocessed ingredients, Sweet Freedom shows you how to create delicious desserts free of wheat, eggs, dairy or refined sugars. All the recipes are suitable for people with food sensitivities or those on restricted diets for health or religious reasons. With recipes that taste every bit as good as-in some cases, better than-conventional desserts, you'll be happy to learn that the terms "healthy" and "delicious dessert" are no longer mutually exclusive!