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The Virtuous Tart: Sinful But Sainly Recipes For Sweets, Treats And Snacks



Synopsis

Now you can have your cake and eat it too. Susan Jane White eats something sweet every day. Many of us do. But the difference is most of us don't get the same health kick from our indulgences as Susan Jane does. That's because all of Susan Jane's sweets, treats, drinks and snacks are packed with nutritional hits that love your body, boost your brain and make you feel and look great. It's no wonder they are her most requested recipes. With this book you'll learn that wholesome food need never tax your taste buds. You'll discover new ingredients that not only taste better, but treat your body better too. Imagine a nutritional slam-dunk while snacking on a slice of tiffin! Picture your taste buds raving to the tune of coconut torte! Visualise your toes breakdancing with every crunch of a teff cookie! The Virtuous Tart will nurse your sweet tooth and service your body like a first-rate Formula 1 pit stop, and you'll have the energy levels and body to prove it.

Book Information

File Size: 29495 KB

Print Length: 224 pages

Publisher: Gill & Macmillan (September 18, 2015)

Publication Date: September 16, 2015

Sold by: Digital Services LLC

Language: English

ASIN: B014W7O2NM

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #738,941 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #29

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European > Irish #103 in Books > Cookbooks, Food & Wine > Regional & International >

European > Irish #130 in Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Baking >

Cookies

Customer Reviews

Delicious recipes, well written, lots of inspiration and background information. My only, really only,

"beef" is that I found the recipes too sweet for my taste. However, once I tried a few recipes I started to adjust the sweetener of choice to approx half of what the recipe called for. It might result in a slightly different outcome, although that wasn't a problem for me. Definitely one of the better books on gluten-free, lactose free and processed sugar and processed sweeteners free.

Love! Not the same old rehashed recipes. Also, the author's writing style is engaging, humorous.

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