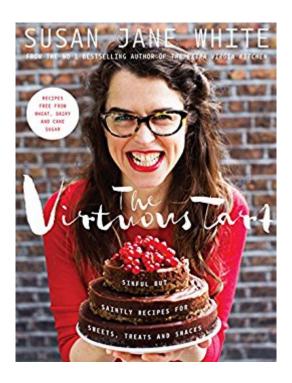
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# The Virtuous Tart: Sinful But Saintly Recipes For Sweets, Treats And Snacks





## 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 donâ <sup>TM</sup>t get the same health kick from our indulgences as Susan Jane does. Thatâ <sup>TM</sup>s because all of Susan Janeâ <sup>TM</sup>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. Itâ <sup>TM</sup>s no wonder they are her most requested recipes. With this book youâ <sup>TM</sup>II learn that wholesome food need never tax your taste buds. Youâ <sup>TM</sup>II 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 youâ <sup>TM</sup>II have the energy levels and body to prove it.

### **Book Information**

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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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