



Superfoods Desserts: 40 Quick & Easy, Gluten-Free, Wheat Free, Whole Foods Superfoods Sweet Cakes, Truffles, Cookies and Pies (Superfoods Today) (Volume 18)

Don Orwell

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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

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Sheila Foxworth:

Is it a person who having spare time and then spend it whole day by watching television programs or just lying down on the bed? Do you need something new? This Superfoods Desserts: 40 Quick & Easy, Gluten-Free, Wheat Free, Whole Foods Superfoods Sweet Cakes, Truffles, Cookies and Pies (Superfoods Today) (Volume 18) can be the solution, oh how comes? A fresh book you know. You are thus out of date, spending your time by reading in this fresh era is common not a nerd activity. So what these guides have than the others?

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