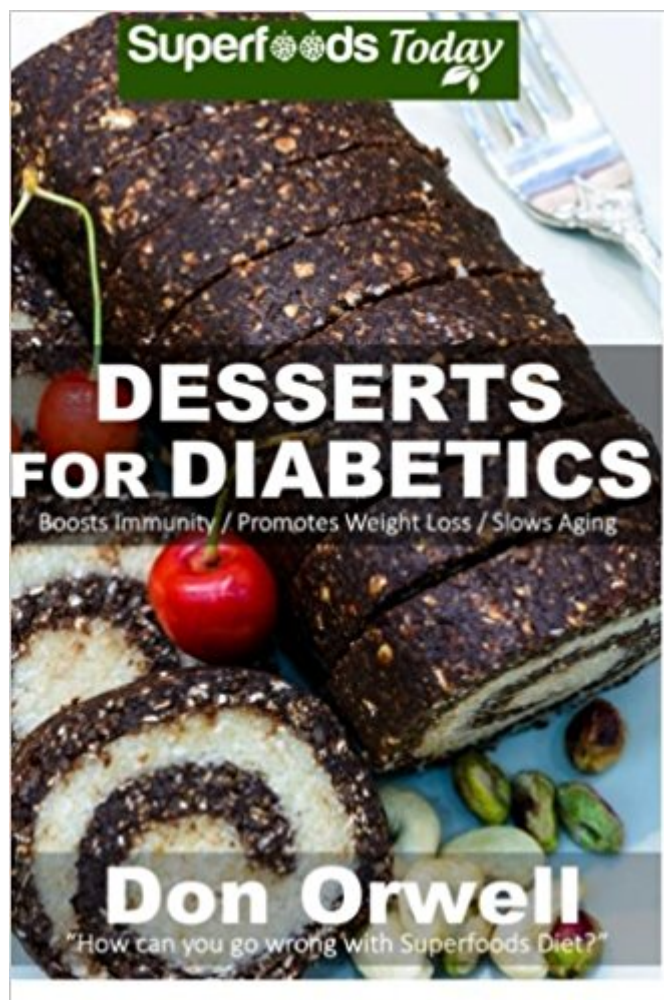


The book was found

Desserts For Diabetics: Over 50 Quick & Easy Gluten Free Low Cholesterol Whole Foods Recipes Full Of Antioxidants & Phytochemicals (Natural Weight Loss Transformation) (Volume 100)





Synopsis

How Can You Go Wrong With 100% Superfoods Healthy 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 are 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!! Desserts For Diabetics contains over 50 Healthy Superfoods Desserts recipes for Diabetes Type 2, created with 100% Diabetic Superfoods ingredients. This book contains recipes for: Diabetic Superfoods Raw Desserts – All Recipes are 100% Gluten Free and Wheat Free Most of the desserts can be prepared in just 10-15 minutes. Each recipe combines Diabetic 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.

Book Information

Series: Natural Weight Loss Transformation

Paperback: 108 pages

Publisher: CreateSpace Independent Publishing Platform; 1 edition (November 23, 2015)

Language: English

ISBN-10: 1519471955

ISBN-13: 978-1519471956

Product Dimensions: 6 x 0.3 x 9 inches

Shipping Weight: 7.7 ounces (View shipping rates and policies)

Average Customer Review: 2.0 out of 5 stars 2 customer reviews

Best Sellers Rank: #786,490 in Books (See Top 100 in Books) #76 in Books > Health, Fitness & Dieting > Nutrition > Antioxidants & Phytochemicals #197 in Books > Cookbooks, Food & Wine > Special Diet > Whole Foods #663 in Books > Cookbooks, Food & Wine > Special Diet > Diabetic & Sugar-Free

Customer Reviews

Purchased this for my mother for christmas. When it arrived, I was shocked at how poor the content quality was. The book was published on an independent platform (Createspace) and so the cover of the book has weird white lines going around it where the author did not upload the gutter margins

correctly. It makes it look very DIY and shoddy. The recipes inside of the book were copied from a website or a word document with embedded URLs, since most pages have boldened, underlined ingredients (meaning the content wasn't edited very well since these weren't removed before printing). The images are in black and white and don't give a good idea of what the desserts should look like. Lastly, the instructions are very poorly written, things like "mix all ingredients".... If you are familiar with raw food, you will know if you should use a food processor or blender or do it by hand, but I find that simple and vague instructions like these will frustrate a lot of people who are new to these types of things. In summary, I was extremely embarrassed to give this for Christmas. Not worth the money. I would recommend any raw dessert cookbook as a welcome alternative.

A nice start, with some interesting ideas.

[Download to continue reading...](#)

Desserts For Diabetics: Over 50 Quick & Easy Gluten Free Low Cholesterol Whole Foods Recipes full of Antioxidants & Phytochemicals (Natural Weight Loss Transformation) (Volume 100) Food For Diabetics: Over 290 Diabetes Type-2 Quick & Easy Gluten Free Low Cholesterol Whole Foods Diabetic Recipes full of Antioxidants & Phytochemicals ... Natural Weight Loss Transformation Book 6) Food For Diabetics: Over 220 Diabetes Type-2 Quick & Easy Gluten Free Low Cholesterol Whole Foods Diabetic Recipes full of Antioxidants & Phytochemicals (Natural Weight Loss Transformation Book 184) Smoothies for Diabetics: Over 175 Quick & Easy Gluten Free Low Cholesterol Whole Foods Blender Recipes full of Antioxidants & Phytochemicals (Diabetic ... Weight Loss Transformation) (Volume 5) Desserts for Two: Over 50 Quick & Easy Gluten Free Low Cholesterol Whole Foods Recipes full of Antioxidants & Phytochemicals (Natural Weight Loss Transformation Book 57) One Pot Paleo: Over 100 Quick & Easy Gluten Free Paleo Low Cholesterol Whole Foods Recipes full of Antioxidants & Phytochemicals (Natural Weight Loss Transformation Book 217) Diabetes Recipes: Over 240 Diabetes Type-2 Quick & Easy Gluten Free Low Cholesterol Whole Foods Diabetic Eating Recipes full of Antioxidants & Phytochemicals ... Natural Weight Loss Transformation Book 8) Diabetes Recipes: Over 240 Diabetes Type-2 Quick & Easy Gluten Free Low Cholesterol Whole Foods Diabetic Eating Recipes full of Antioxidants & Phytochemicals ... Natural Weight Loss Transformation Book 9) Superfoods Yogurt Recipes: Over 25 Quick & Easy Gluten Free Low Cholesterol Whole Foods Recipes full of Antioxidants & Phytochemicals (Natural Weight Loss Transformation Book 143) Healthy Kids Cookbook: Over 270 Quick & Easy Gluten Free Low Cholesterol Whole Foods Recipes full of Antioxidants & Phytochemicals (Healthy Kids Natural Weight Loss Transformation) (Volume 7) Healthy Kids Cookbook: Over 260 Quick & Easy

Gluten Free Low Cholesterol Whole Foods Recipes full of Antioxidants & Phytochemicals (Healthy Kids Natural Weight Loss Transformation) (Volume 6) Healthy Kids Cookbook: Over 280 Quick & Easy Gluten Free Low Cholesterol Whole Foods Recipes full of Antioxidants & Phytochemicals (Healthy Kids Natural Weight Loss Transformation) (Volume 8) Stir Fry Cooking: Over 210 Quick & Easy Gluten Free Low Cholesterol Whole Foods Recipes full of Antioxidants & Phytochemicals (Stir Fry Natural Weight Loss Transformation) (Volume 8) Superfoods Cookbook: Over 95 Quick & Easy Gluten Free Low Cholesterol Whole Foods Recipes full of Antioxidants & Phytochemicals (Natural Weight Loss Transformation Book 29) Healthy Kids Cookbook: Over 260 Quick & Easy Gluten Free Low Cholesterol Whole Foods Recipes full of Antioxidants & Phytochemicals (Healthy Kids Natural Weight Loss Transformation) Superfoods Smoothies Bible: Over 160 Quick & Easy Gluten Free Low Cholesterol Whole Foods Blender Recipes full of Antioxidants & Phytochemicals (Natural Weight Loss Transformation) One Pot Paleo: Over 90 Quick & Easy Gluten Free Paleo Low Cholesterol Whole Foods Recipes full of Antioxidants & Phytochemicals (Natural Weight Loss Transformation Book 202) Superfoods Smoothies Bible: Over 180 Quick & Easy Gluten Free Low Cholesterol Whole Foods Blender Recipes full of Antioxidants & Phytochemicals (Natural Weight Loss Transformation Book 163) Diabetic Cookbook For One: Over 280 Diabetes Type-2 Quick & Easy Gluten Free Low Cholesterol Whole Foods Recipes full of Antioxidants & Phytochemicals (Diabetic Natural Weight Loss Transformation) Diabetic Cookbook For One: Over 310 Diabetes Type-2 Quick & Easy Gluten Free Low Cholesterol Whole Foods Recipes full of Antioxidants & Phytochemicals (Diabetic Natural Weight Loss Transformation 6)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)