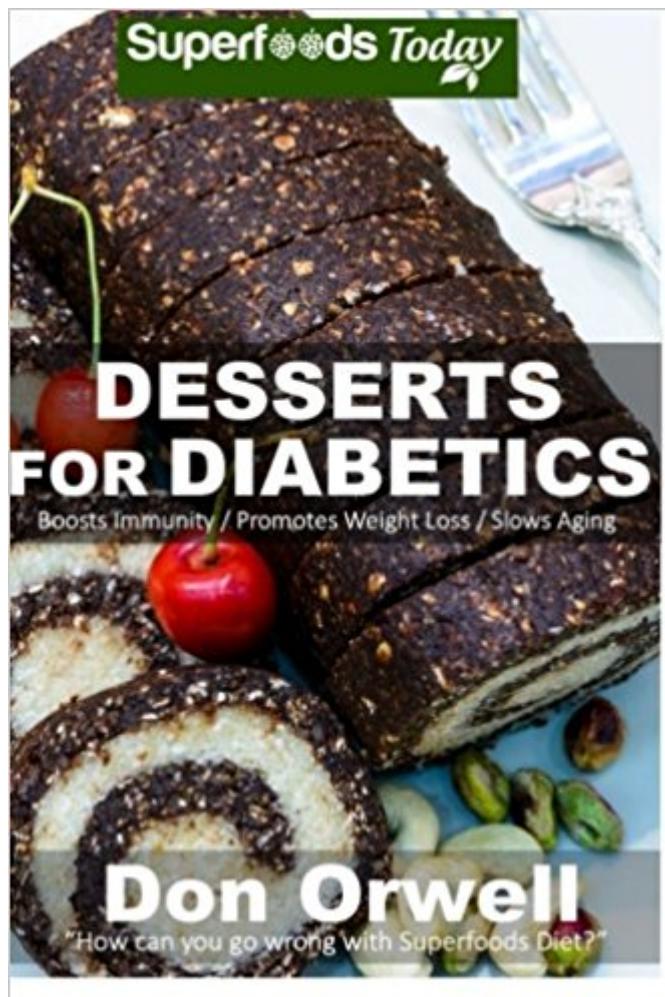


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Desserts For Diabetics: Over 50 Quick & Easy Gluten Free Low Cholesterol Whole Foods Recipes Full Of Antioxidants & Phytochemicals (Natural Weight Loss Transformation) (Volume 100)





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

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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.

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