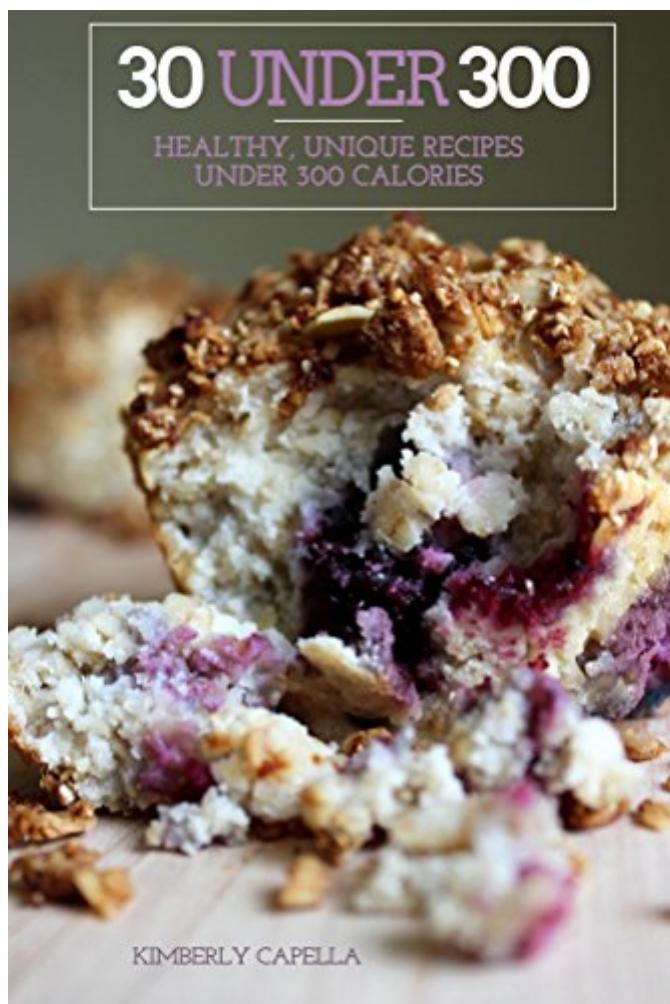


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# 30 Under 300: Healthy, Unique Recipes Under 300 Calories (gluten Free, Sugar Free, Dairy Free, Vegan)



## Synopsis

This book offers 30 healthy, unique recipes made with natural ingredients and no sugar. Each recipe is under 300 calories, includes step-by-step baking directions, nutritional information, and vibrant pictures. The recipes are made with simple ingredients that you can find almost anywhere. Need motivation to eat healthy? No problem! This healthy baking cookbook contains easy-to-understand directions as well as uplifting quotes to make you feel great. Have a particular dietary need? I've got you covered - in 30 Under 300, there are dozens of desserts, including gluten free desserts, vegan baking recipes, dairy free recipes, egg free baking, and more. Don't have a full kitchen set? No worries - 30 Under 300 includes kitchen hacks and baking tips to make baking a breeze, regardless of your setup.

**WHAT YOU'LL FIND**

- 30 healthy baking recipes all under 300 calories
- Simple ingredients and easy-to-understand directions
- Recipes under 5 ingredients
- Recipes under 5 minutes
- Dairy free recipes: dairy free cookies, gluten free recipes: gluten free bread, vegan baking recipes: vegan cake
- Kitchen hacks, ingredient substitutions, and baking tips
- Nutritional information for every recipe
- Vibrant pictures

**WHO SHOULD READ THIS BOOK?**

- Weight loss: If you're seeking to lose weight, these low-calorie alternatives will help you achieve that.
- Dietary Restrictions: Have a particular dietary need? Nearly every delicious recipe caters to dairy free and gluten free desserts needs, with vegan options available. Every recipe is sugar free.
- Overall Health: Just looking to maintain a healthy lifestyle and need some new recipes and motivational quotes? This book will help you achieve total well-being.

30 Under 300 isn't just for those with food allergies (although all of our recipes are sugar free and there are plenty of dairy free, gluten free, and even vegan recipes), but for people who just love a good snack, whether you're from the East Coast, Midwest, West Coast, Canadian or just enjoy good, American deserts (minus the guilty calories!). I really hope you enjoy this baking recipe book. It's a labor of love and I hope you find it useful on your healthy eating journey.

## Book Information

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## **Customer Reviews**

Having already been a big fan of Kim's recipes, I was super excited about this cookbook and it DEFINITELY did not let me down! I loveeee that the ingredients are all things that I would have on hand. No having to go to the store and buy 6 varieties of gluten free flours. No long hours soaking nuts or cooking beans, no crazy equipment needed, and there's even a section of recipes to conquer in 5 minutes or less ;) With recipes for brownies, fudge, muffins, biscotti, parfaits, in flavors like red velvet, carrot cake, almond joy, PEANUT BUTTER, and more, there is literally something for EVERYONE in this book! With the fact that they are all allergen friendly with dairy free, gluten free, vegan and customized options, I seriously can't imagine not finding something to love in here.

I can't say enough amazing things about this book!! First, the recipes are so simple, yet SO delicious. Ingredients can be found at every grocery store, and most are probably already in your kitchen. Healthy, easy, and flavorful. What more could you ask for? Second, the pictures!! The food looks completely drool-worthy....it makes it SO HARD to decide what to make next!! Next, the book is so fun to read through. There are little quotes throughout the book, and each section has its own quirky introduction. It really makes it feel like you're talking to the author about the recipes! It's well organized based on number of ingredients, simplicity, and type of baked good. Extremely well-done, and definitely my new favorite cookbook!

Kim is starting a revolution with this cookbook. Kim approaches health and wellness in such a balanced, optimistic way and that attitude is conveyed in the book. You know how the classic logic goesÃ¢Â| if something is healthy then it is probably boring and unimaginative. Kim has taken this

claim and turned it on its head. All of the recipes in this book are so innovative; Kim helps to show that one does not have to sacrifice flavor or even creativity when prepping a healthy treat. I am so glad I get to call Kim a good friend. She has an amazing story and it is conveyed in such a genuine way with this book. I am so excited to see where the release of this book takes Kim. Cheers to 30 Under 300!

This book continues to amaze me. I have tried out several recipes from it so far, and each one is better than the next (the Carrot Loaf is to die for). Kim has put so much effort and love into this book and it really shows. There is a recipe for everyone, no matter your dietary restrictions. It is also food that TASTES good, and can be enjoyed by someone who is health conscious, but also someone who isn't. If you are looking for an easy, healthy, and amazing recipe book - look no further. You have found it.

I've been a long time follower of Kim on social media and have always been impressed by her creative, **HEALTHY** recipes! However, I must say, she has outdone herself with this book! Every recipe is loaded with delicious ingredients and so easy to make! From cookies and bars to muffins and mugcakes, this book has every treat you could want. Everything I've made so far tastes amazing and you'd never know that it's 'light' and under 300 calories. Decadence in disguise for sure!!! **BUY THIS NOW.**

I've been a huge fan of Kim's recipes for a long time, and absolutely love everything about this cookbook! Not only is the photography beautiful, but I love that Kim provides baking tips and hacks explaining the different uses of various types of flours, sweeteners, conversions etc. which is **SUCH** a helpful resource when cooking! Simple, healthy, delicious recipes are what I'm always searching for and I can't wait to make every single one of them from '30 Under 300.' !

I am in love with this healthy cookbook! As an amateur cook/baker (aka no talent), I find the recipes in this cookbook extremely easy to follow! The author, Kim, not only provides you with her recipes, but also includes kitchen staples, tips, measurements, beautiful (and mouthwatering) colorful photos, and substitutions for her recipes if you are vegan, paleo, or prefer gluten/dairy free recipes! I highly recommend this cookbook to anyone who follows any type of diet!

I just got this book in the mail the other day and I am so excited! I made the Cookie Dough Bars this

morning and they turned out amazing. I love that the ingredients are health conscious and that she included the macro count with each recipe. The recipe sizes are friendly and don't leave you feeling committed to eating that particular item for an extended period of time. I am so excited to try more recipes!

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30 Under 300: healthy, unique recipes under 300 calories (gluten free, sugar free, dairy free, vegan) Vegan: High Protein Vegan Cookbook-Vegan Diet-Gluten Free & Dairy Free Recipes (Slow cooker,crockpot,Cast Iron) (vegan,vegan diet,vegan slowcooker,high ... free,dairy free,low carb) Ethnic Vegan Box Set 4 in 1: Dairy Free Vegan Italian, Vegan Mexican, Vegan Asian and Vegan Mediterranean Recipes for an amazing Raw Vegan lifestyle (A ... Protein Vegan Recipes and Vegan Nutrition) Vegan: High Protein Cookbook: 50 Delicious High Protein Vegan Recipes (Dairy Free, Gluten Free, Low Cholesterol, Vegan Diet, Vegan for Weight loss, vegetarian, vegan bodybuilding, Cast Iron,) VEGAN: 30 Days of Vegan Recipes and Meal Plans to Increase Your Health and Energy (Healthy Eating, Vegan Recipes, Vegan Cookbook, Gluten Free, Low Carb, Vegan Diet, Healthy Weight Loss Book 1) Vegan: High Carb Low Fat Vegan Recipes-Vegan Diet On A Budget ( Forks Over Knives,Crockpot,Slowcooker,80/10/10 Diet, Raw Till 4,gluten free,dairy free) ... diet,high protein,low fat,gluten free) Vegan: Vegan Diet for Beginner: Easy 123 Recipes and 4 Weeks Diet Plan (High Protein, Dairy Free, Gluten Free, Low Cholesterol, Vegan Cookbook, Vegan Recipes, Cast Iron, Easy 123 Diet Book 1) Gluten Free: Vegan Cookbook: Nutritious and Delicious, 100% Vegan + Gluten Free Recipes to Improve Your Health, Lose Weight, and Feel Amazing (Gluten Free Diet Cookbook, Gluten Intolerance Book 3) Vegan: High Protein Vegan Cookbook of Dairy Free Instant Pot Vegan Recipes for Raw Vegans and Vegetarians (Vegan Diet for Gluten-Free, low cholesterol, low carb lifestyle Weight Loss 1) Vegan: 101 Quick-Fire, Dairy Free and Low Carb Vegan Diet Recipes (Vegan Cookbook of Recipes that are low carb, dairy free, slow cooker, crockpot and cast iron) Sugar Detox: How to Cure Sugar Addictions, Stop Sugar Cravings and Lose Weight with Sugar Detox Easy Guide (Include Sugar-free Recipes to Help You Get ... free Recipes, Detox Diet, Detox Cleanse) Hungry Girl 300 Under 300: 300 Breakfast, Lunch & Dinner Dishes Under 300 Calories Vegan: Vegan Dump Dinners-Vegan Diet On A Budget (Crockpot, Quick Meals,Slowcooker,Cast Iron, Meals For One) (Slow Cooker,crockpot,vegan recipes,vegetarian ... protein,low fat,gluten free,vegan recipes) Vegan Cookbook for Beginners: Top 500 Absolutely Delicious,Guilt-Free, Easy Vegan Recipes-The Ultimate Vegan Cookbook Chock-Full of Recipes(Vegan Cookbooks for beginners, Vegan Diet,Weight loss,Vegan The Big Gluten-Free Bread Cookbook Vol. 1: Feel the Spirit in Your Little Kitchen with 500 Secret Holiday Bread

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