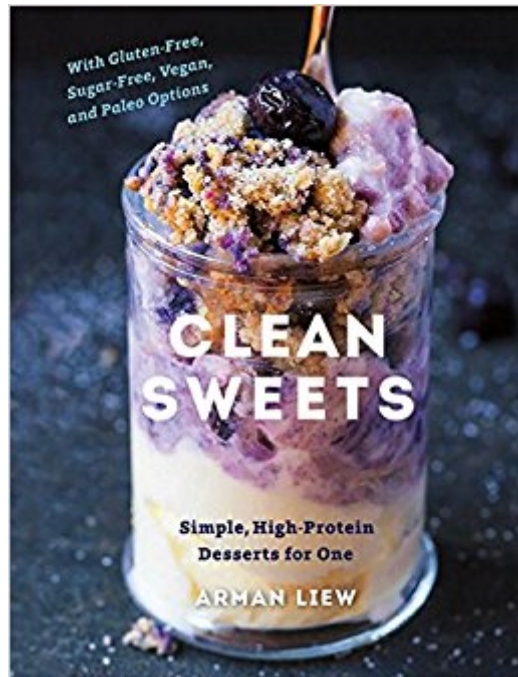




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Clean Sweets: Simple, High-Protein Desserts For One



Synopsis

High-protein desserts that taste great, are easy to make, and serve one or two. ~ Giving up dessert is no fun, so health-savvy folks have long tried to find ways to satisfy a sweet tooth. But so many Paleo~ style desserts are complicated, with long lists of hard-to-find ingredients. They also often make too much of a good thing, which is almost as bad as not having it at all. Arman Liew discovered a way to have his cake and eat it too~ in decadent creations that indulge the appetite and pack in the nutrients. From breakfast reinvented to no-bake treats, recipes include: Protein Peanut Butter CupsDark Chocolate and Salted Caramel WafflesMolten Lava CakeWhite Chocolate Raspberry BarsThere~s no tapioca flour, coconut nectar, or xanthan gum to be found here. Make something sweet the moment the craving hits, from foods that are already in the cabinet. Add in terrific photography and this is a book every health-conscious person should have on hand. 50 color photographs

Book Information

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Customer Reviews

Arman Liew is the recipe developer, photographer, and writer behind the popular blog, The Big Man~s World. Arman~s healthy desserts have been featured on The Huffington Post, Buzzfeed, and Delish!, among others.

Beautiful pictures. Easy recipes. Something for everyone. I have a sweet tooth and this cookbook has so many healthy ideas for me that even my family enjoys.

I absolutely LOVE this book. Every recipe looks incredible and I can't wait to eat my way through them all! Can't get enough of the vegan pancakes. Kudos to Arman for creating such a stellar cookbook. I definitely recommend this book for anyone who's looking for allergy-friendly or better-for-you options. Everything is extremely customizable to fit your individual needs, which is a sign of a great resource.

I have developed such a sweet tooth and I don't feel guilty. This book is great and it a must have for runners and athletes... or if you want to eat something sweet and don't feel bad.

In this cookbook, Arman seriously does what he does best: create sweet and delicious recipes that are satisfying, healthier, and made with minimal ingredients. If you're looking for healthier sweets that are crazy adaptable for pretty much any diet - paleo, vegan, you name it - buy it. And go make the brownies yesterday. :)

Love this book.

Everything I've made is delicious and healthy. I am very picky with the ingredients I use and this book never disappoints! Love the options to switch ingredients and make a recipe Paleo , Vegan , GF etc

Great book

Love this book. All the recipes are easy to make and better for you than most desserts out there.

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