



**Superfoods Desserts: Over 40 Quick & Easy
Gluten Free Low Cholesterol Whole Foods Recipes
full of Antioxidants & Phytochemicals (Superfoods
Today Book 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 Raw Vegan Desserts - Half of the recipes are Raw Vegan
- Superfoods Vegan Desserts - Three Quarters of the recipes are Vegan
- All Recipes are 100% Gluten 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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Charles Simpson:

People live in this new day time of lifestyle always try to and must have the spare time or they will get lots of stress from both everyday life and work. So , if we ask do people have time, we will say absolutely without a doubt. People is human not a robot. Then we inquire again, what kind of activity are you experiencing when the spare time coming to anyone of course your answer will probably unlimited right. Then do you try this one, reading publications. It can be your alternative throughout spending your spare time, often the book you have read is Superfoods Desserts: Over 40 Quick & Easy Gluten Free Low Cholesterol Whole Foods Recipes full of Antioxidants & Phytochemicals (Superfoods Today Book 18).

David Hosford:

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Ryan Harrison:

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