



# The Sugar Hit!: Sweets That Pack a Punch!

*Sarah Coates*

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## **The Sugar Hit!: Sweets That Pack a Punch!** Sarah Coates

*The Sugar Hit!* is all about recipes that are the perks, the pick-me-ups, the cherries on top of your day. It approaches baking with unabashed joy and totally undisguised greed. Of course balance is important, but there has to be something on the other end of the scale. Why not make it a “Like a fat kid loves” milkshake, or a salted caramel chocolate crackle, or a Filthy Cheat’s jam donut? *The Sugar Hit!* offers something sweet for every occasion in life. First thing in the morning, whether you need a kick start for work or are nursing a hangover, you’ll find solace in sweet potato waffles, an epic cinnamon roll cake, or some blueberry pancake granola. From your coffee break to the holidays to when you need something sweet without blowing your diet—there is even a full chapter of midnight snacks, those ridiculously decadent, insane franken-treats that can only be created in the dead of night.

*The Sugar Hit!* offers simple techniques, talks about exciting flavors, and educates readers on how to achieve maximum results for minimum effort along with offering hot tips of shortcuts, kitchen hacks, and ideas for variations on recipes. Take your baking to the next level using big flavors, simple tricks and tips, and a healthy dash of confidence and attitude!

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