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Superfoods Vegan Desserts: Over 30 Quick Easy, Gluten-Free, Vegan, Wheat Free, Whole Foods Superfoods Sweet Cakes, Truffles, Cookies and Pies

By Don Orwell

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm.

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*****.How Can You Go Wrong With 100 Superfoods Vegan

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 Vegan

Desserts contains over 30 Vegan Superfoods Desserts recipes

created with 100 Superfoods. Superfoods Raw Vegan Desserts -

over 20 recipes are Raw Vegan Superfoods Vegan Desserts -

Cakes, Truffles, Cookies and Pies All Recipes are 100 Gluten Free,

Soy 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 Would You Like

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Reviews

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