



Naturally Sweet & Gluten-Free: Allergy-Friendly Vegan Desserts: 100 Recipes Without Gluten, Dairy, Eggs, or Refined Sugar

Ricki Heller

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Finally a dessert book without gluten, eggs, dairy or refined sugar! Allergy-friendly and entirely vegan, the sweets in this book are great tasting and good for you too! Through years of recipe testing and receiving feedback from thousands of comments on her blog, Diet, Dessert and Dogs, Heller has taken great care to ensure that every recipe from this book will taste just as good as a traditional dessert and some, even better! With a lower glycemic index than regular desserts, these healthy versions of traditional favorites: Frosted Vanilla Cupcakes, Pumpkin Loaf, Chocolate Chip Cookies, and Chocolate Pecan Pie are sure to delight. There is a huge array of desserts made with creative combinations of ingredients (yep, some vegetables, too) and innovative, unusual uses of alternatives to provide the greatest health benefits possible. Who knew gluten-free, vegan desserts could be so delicious and delightful?

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Lyman Johnson:

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