



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. Language: English . Brand New Book ***** Print on Demand *****.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 To Know More?...



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