

Smart Sweets: 30 Desserts to Indulge Your Sweet Tooth



You're a smart cookie. You know sugar isn't good for you. You know you could probably stand to skip dessert, but you'd rather indulge that sweet tooth sometimes. For the times when you just want something sweet, doggone it! Make a smarter cookie. The goal of *Smart Sweets: 30 Desserts to Indulge Your Sweet Tooth* is to give you real food options that are far better for you than you'll find in the grocery store, usually better for you than a typical homemade recipe, and sometimes downright good for you. You'll find less sugar, healthier (natural) sweeteners, whole grains, soaked and sprouted grains, some grain-free recipes, and even desserts with probiotics and vegetables. Real food doesn't have to be boring, and *Smart Sweets* will help you keep special occasions delicious without compromising your healthy diet. If you always feel guilty when you give into sweet things, this book is definitely for you. If you want a great way to slide that resistant someone into eating real food, this book is for you, too. And if you're looking for a delicious 100% whole grain brownie, a birthday cake with no white sugar, or homemade chocolate syrup without any high fructose corn syrup, then you're surely in the right spot. Some highlights of *Smart Sweets* include:

- * Info page: alternative sweeteners explained (but NO artificial sweeteners, just natural ones)
- * Tutorial: how to adapt a recipe to bake with honey
- * Coconut Macaroons, dozens of variations
- * Cinnamon Raisin Spelt Drops
- * Butternut Spice Bars (can be made with zero sweetener, GAPS friendly)
- * Cider Doughnut Spiced Cupcakes (great for birthdays)
- * Peppermint Coconut Bark (eat a piece with each meal for the health benefits of coconut oil)
- * Whole Wheat Pumpkin Cookies (with only 1/2 cup honey for 5-6 dozen cookies! Halloween parties, here you come...)
- * Grain-free Cherry Almond Crepes (with healthy probiotics too)
- * Whole Wheat Probiotic Fruit Pizza

(kindergartners clamor for more!) * Sourdough Chocolate Cake * Bonus recipe for a Chocolate Peppermint Lotion Bar plus a coupon for hard lotion Every recipe has extensive recipes notes and usually lots of variations to change up the flavors and substitute ingredients based on what you have on hand. * 17 Gluten-free recipes * 15 Grain-free recipes * 16 Dairy-free recipes * 15 tested egg-free recipes with more than would likely adapt well * nearly all are nut-free and there is no soy in sight Recipes Included Pumpkin Cookies Honey Molasses Cookies 3. Coconut Macaroons 4. Cinnamon Raisin Spelt Drops 5. Whole Wheat Chocolate Chip Cookies 6. Fudgy Brownies with Chocolate Chips (with sprouted option) Bonus: Soaked Fudgy Brownies 7. Traditional Brownies with Walnuts (with sprouted option) 8. Black Bean Brownies and Blondies 9. Butternut Spice Bars 10. Peanut Butter Bars (or cookies) 11. Cider Doughnut Spiced Cupcakes 12. Whole Wheat Carrot Zucchini Cake 13. Classic Butter Cake with Whole Grains 14. Coconutty White Cake 15. Sourdough Chocolate Cake 16. Moms Famous Almond Frosting (or chocolate) 17. Magic Coconut Pie 18. Whole Wheat Fruit Pizza 19. Peppermint Coconut Bark 20. Dark Chocolate Truffles 21. Peanut Butter Kisses 22. Kellys Probiotic Fudge Bars 23. Apricot Sorbet & others 24. Grain-free Baked Apples 25. Cherry Almond Crepes 26. Easy Brown Rice Pudding 27. Apple Crisp (slow cooker, soaked, gluten free) 28. Bunuelos 29. Better-for-You Chocolate Syrup 30. Real Pudding: Easy Vanilla, Creamy Maple Almond, French Vanilla

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Smart Sweets: 30 Desserts to Indulge Your Sweet Tooth by Katie These research-backed tips will suppress your

sweet tooth for good. Instead of occasionally indulging in special-occasion desserts, Try these Sugar Smart tips to crush your sugar cravings faster than you can scarf down a Snickers: leptin by 18 percent and boost levels of ghrelin by about 30 percent. **Smart Sweets: 30 Desserts to Indulge Your Sweet Tooth eBook** For the times when you just want something sweet, doggone it . Make a smarter cookie. The goal of Smart Sweets: 30 Desserts to Indulge Your Sweet Tooth is **The 9 Best Desserts for Weight Loss - Cosmopolitan** The goal of Smart Sweets: 30 Desserts to Indulge Your Sweet Tooth is to give you real food options that are far better for you than you'll find in the grocery store **Smart Sweets: 30 Desserts to Indulge Your Sweet Tooth \$0.99 {4/8}** Not everyone on your list would probably enjoy an eBook, but I think these folks Smart Sweets by Katie Kimball 30 Desserts to Indulge your Sweet Tooth (89 **Healthy Dessert Recipes - Cooking Light** Healthy dessert recipes that let you indulge your sweet tooth. Find 30 great pie recipes, from chocolate to fruit-filled and frozen to baked. more. **Smart Sweets: 30 Desserts to Indulge Your Sweet Tooth** Find helpful customer reviews and review ratings for Smart Sweets: 30 Desserts to Indulge Your Sweet Tooth at . 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Indulge your sweet tooth, the latest week of your diet plan and energising yoga to start every day in part five of our smart summer Weight Watchers guide The menus in this series are based on the minimum daily allowance of 30 SmartPoints. **Customer Reviews: Smart Sweets: 30 Desserts to Indulge Your** Smart Sweets. 30 Desserts to Indulge your Sweet Tooth. Can dessert really have less sugar, soaked or sprouted whole grains, probiotics, or even vegetables **Perna Maliks review of Smart Sweets: 30 Desserts to Indulge Your : Katie Kimball: Books, Biography, Blog, Audiobooks** Create Your Own Gluten-Free 72 Hour Survival Kit by Katie Baldrige Crock On! Smart Sweets: 30 Desserts to Indulge Your Sweet Tooth by Katie Kimball. **A. Wierks review of Smart Sweets: 30 Desserts to Indulge Your** You're a smart cookie. You know sugar isn't good for you. 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Heres How - Kitchen Stewardship** The goal of Smart Sweets: 30 Desserts to Indulge Your Sweet Tooth is to give you options that are way better for you than you'll find in the grocery store, usually **Peppermint Coconut Bark - Yummy Inspirations** Find helpful customer reviews and review ratings for Smart Sweets: 30 Desserts to Indulge Your Sweet Tooth at . Read honest and unbiased **Smart Sweets Giveaway and Free Apple Crisp Recipe Download** Smart Sweets: 30 Desserts to Indulge your Sweet Tooth 5. The real answer about the recipes in Smart Sweets is that some of them are healthy-. ER than most **Butternut Spice Bars - Kitchen Stewardship** You're a smart cookie. You know sugar isn't good for you. You know you could probably stand to skip dessert, but you'd rather indulge that sweet tooth **Healthy Snacks to Go: Over 45 recipes to get you on your way with** An eBook which I refer to regularly for sweet treat inspiration is Smart Sweets 30 Desserts To Indulge Your Sweet Tooth by Katie Kimball of **Smart Sweets - Kitchen Stewardship** Smart Sweets: 30 Desserts to Indulge Your Sweet Tooth - Kindle edition by Katie Kimball. Download it once and read it on your Kindle device, PC, phones or **Its Here! 30 Healthy Desserts Recipes in Smart Sweets - Facebook** Explore Aimee Snells board low carb sweets on Pinterest, the worlds catalog of ideas. See more Almost fat free, healthy banana muffins with chocolate chips for a little indulgence. The greek . 30 Low-Carb Dessert Recipes. A great . Cherry Almond Butter Power Cookies are the smart way to satisfy your sweet tooth! **eBooks - Kitchen Stewardship** Dieting doesn't mean depriving your sweet tooth of

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eating delicious desserts. Here we NO BAKE GRAHAM CRACKER CHEESECAKE With Only 3 Weight Watchers Smart Points . Who doesnt love to indulge in some sugar-free cookies? 9 Whole30 Dessert Recipes That Wont Wreck Your Diet via @PureWow