



Naughty Or Nice Cookbook: The Ultimate Healthy Dessert Cookbook

Jessica Stier

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Naughty Or Nice is a collection of 70 healthy dessert recipes made with high-quality, all-natural, wholesome ingredients -- from cookies to cakes to pies to ice creams and more! These sweet treats are *secretly* healthy, though... one bite and you'll be asking, "Is this naughty or is this nice?"

With **gluten-free, nut-free, soy-free, dairy-free and vegan** options, the recipes in this cookbook are suitable for everyone. Don't worry, though, these recipes may be "free" of some stuff but they sure aren't "free" of flavor.

Every recipe in this cookbook is **all-natural** (no artificial sweeteners, no synthetic food dyes, no artificial food flavorings, no hydrogenated oils and no preservatives whatsoever... and that's including the Red Velvet Cake, pg. 94-95). That list right there is unheard of when it comes to store-bought and bakery-bought desserts.

Each recipe in this cookbook also includes a nutrition label so you can see how many calories, grams of fat, carbs, protein, etc. are in each serving. There are options for everyone, no matter their nutritional preferences: **sugar-free/refined sugar-free, cholesterol-free, low-calorie, low-sodium, high-fiber and high-protein.**

If you have a sweet tooth, then this cookbook was MADE for you. **Naughty Or Nice** is packed with nutritionally balanced dessert recipes to satisfy your sweet tooth without the excess calories, fat, and sugar.

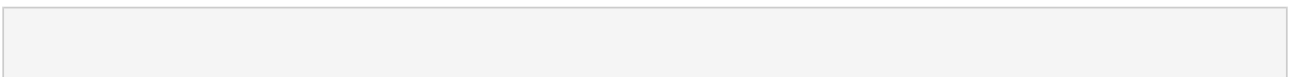
Sinful or Sinless?

Unhealthy or Healthy?

Naughty or Nice?

With these *secretly* healthy dessert recipes, you won't be able to tell!

These recipes look sinful, but they're sinless. They taste completely unhealthy, but they're healthy. They make you feel naughty, when you're really being nice! These recipes are a total godsend for the health-conscious dessert lovers out there (aka, YOU).



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Bonnie Fernandez:

Precisely why? Because this Naughty Or Nice Cookbook: The Ultimate Healthy Dessert Cookbook is an unordinary book that the inside of the publication waiting for you to snap it but latter it will distress you with the secret the idea inside. Reading this book next to it was fantastic author who all write the book in such incredible way makes the content within easier to understand, entertaining approach but still convey the meaning fully. So , it is good for you for not hesitating having this ever again or you going to regret it. This phenomenal book will give you a lot of gains than the other book have got such as help improving your proficiency and your critical thinking approach. So , still want to hold off having that book? If I ended up you I will go to the reserve store hurriedly.

Eric Beasley:

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Patricia Koop:

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