



The Biggest Loser Dessert Cookbook: More than 80 Healthy Treats That Satisfy Your Sweet Tooth without Breaking Your Calorie Budget

Devin Alexander, The Biggest Loser Experts and Cast, Melissa Roberson

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Each season on The Biggest Loser, we watch the contestants sweat their way to a healthier body and a brand new lease on life. But the dramatic changes that unfold on our television screens are only part of the story. To be successful at home, the contestants have to develop strategies and sustainable habits they can maintain for the long haul. And that includes learning how to satisfy sweet cravings?and keep deprivation at bay.

In The Biggest Loser Dessert Cookbook, best-selling author Chef Devin Alexander shows you how to indulge sensibly with more than 80 guilt-free recipes made from wholesome, all-natural ingredients.

- Rediscover your passion for fruit with desserts like the Naked Apple Tart, Cherry-Vanilla Almond Parfait, and Strawberry Cloud Soufflés
- Cool down your cravings with frozen treats such as the Waffle Ice Cream Sandwich, Mango-Peach Key Lime Sorbet Popsicles, and Pumpkin Ice Cream
- Share your sweets with a crowd with bake-sale favorites like Fudge Swirl Peanut Butter Cupcakes, Go Blue-Berry Cobbler Mini Loaves, and Pecan Praline Cookie Thins
- Sip your way to satisfaction with the Mango Lassi Milkshake, Peach No-Belly Bellini, and Icy Chai Shake

Losing weight is all about making smarter choices?not giving up the foods you love. Turn your guilty pleasures into healthy indulgences today!



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Kathy Norvell:

The Biggest Loser Dessert Cookbook: More than 80 Healthy Treats That Satisfy Your Sweet Tooth without Breaking Your Calorie Budget can be one of your basic books that are good idea. All of us recommend that straight away because this reserve has good vocabulary that may increase your knowledge in language, easy to understand, bit entertaining but nevertheless delivering the information. The author giving his/her effort to get every word into enjoyment arrangement in writing The Biggest Loser Dessert Cookbook: More than 80 Healthy Treats That Satisfy Your Sweet Tooth without Breaking Your Calorie Budget however doesn't forget the main position, giving the reader the hottest as well as based confirm resource details that maybe you can be certainly one of it. This great information can easily drawn you into fresh stage of crucial imagining.

Suk Barry:

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