



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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Reading a reserve tends to be new life style in this era globalization. With examining you can get a lot of information that will give you benefit in your life. Having book everyone in this world can certainly share their idea. Guides can also inspire a lot of people. Lots of author can inspire their own reader with their story or maybe their experience. Not only situation that share in the books. But also they write about the information about something that you need instance. How to get the good score toefl, or how to teach your children, there are many kinds of book that exist now. The authors on this planet always try to improve their talent in writing, they also doing some investigation before they write to their book. One of them is this The Biggest Loser Dessert Cookbook: More than 80 Healthy Treats That Satisfy Your Sweet Tooth without Breaking Your Calorie Budget.

Dorothy Betancourt:

The book The Biggest Loser Dessert Cookbook: More than 80 Healthy Treats That Satisfy Your Sweet Tooth without Breaking Your Calorie Budget has a lot of knowledge on it. So when you read this book you can get a lot of help. The book was published by the very famous author. The writer makes some research ahead of write this book. This particular book very easy to read you may get the point easily after looking over this book.

Nancy Sherman:

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