



**Desserts For Diabetics: Over 50 Quick & Easy
Gluten Free Low Cholesterol Whole Foods Recipes
full of Antioxidants & Phytochemicals (Natural
Weight Loss Transformation Book 135)**

Don Orwell

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How Can You Go Wrong With 100% Superfoods Healthy 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!!

Desserts For Diabetics contains over 50 Healthy Superfoods Desserts recipes for Diabetes Type 2, created with 100% Diabetic Superfoods ingredients. This book contains recipes for:

- Diabetic Superfoods Raw Desserts
- All Recipes are 100% Gluten Free and Wheat Free

Most of the desserts can be prepared in just 10-15 minutes. Each recipe combines Diabetic 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

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Beulah Scherr:

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