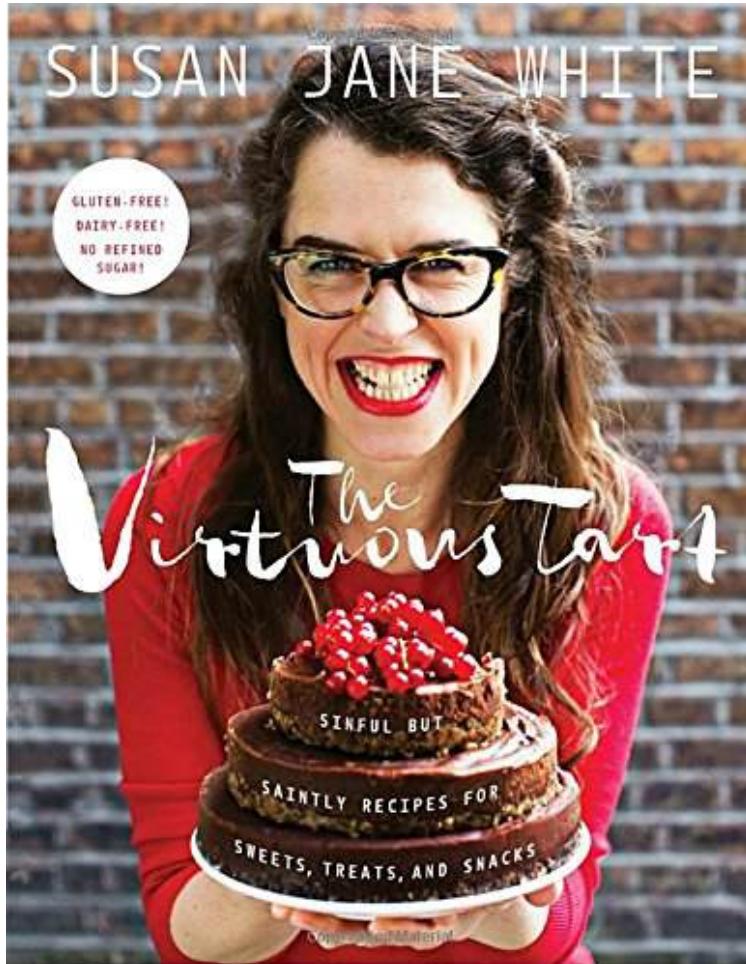


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well written lots of inspiration and background information My only really only beef is that I found the recipes too sweet for my taste However once I tried a few recipes I started to adjust the sweetener of choice to approx half of what the recipe called for It might result in a slightly different Have your cake and eat it too recipes for sinful sweets with redeeming health benefits nbsp Now you can have your cake and eat it too Discover virgin drinks virtuous tarts and saintly treats that are packed with nutritional hits that love your body boost your brain and make you feel and look great In over 60 recipes with healthy benefits you rsquo ll discover new ingredients that not only taste better but treat your body better too Recipes include ldquo This beautiful book proves that you can truly have it all while still committing to your most vibrant and healthful self When nutrition is bundled up in ooey gooey sticky rich and sweet decadence it rsquo s a win win for everyone regardless of thei

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