

[PDF Download] Clean Sweets: Simple, High-Protein Desserts for One Full Book

Details:

Author: *Arman Liew*

Format: *176 pages*

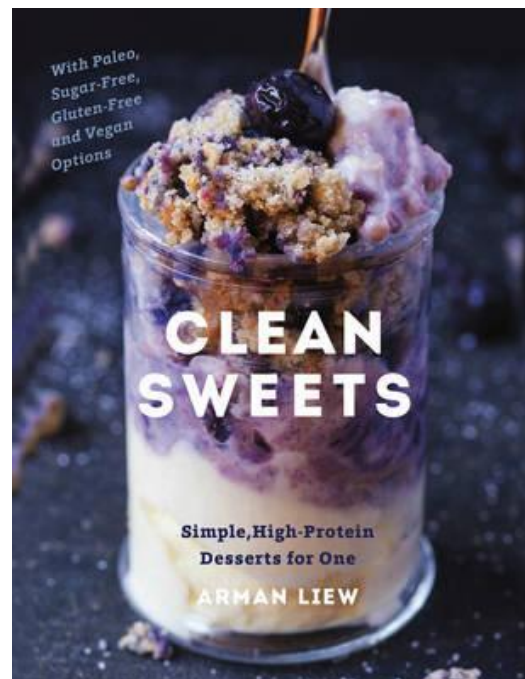
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Description:

Healthy eaters have long tried to find ways to satisfy a sweet tooth but many Paleo-style desserts are complicated and include hard-to-find ingredients. Arman Liew discovered a way to have his cake and eat it too-in creations that indulge the appetite and are full of nutrients. From breakfast reinvented to no-bake treats, there is no tapioca flour, coconut nectar or xanthan gum to be found here.

Additional Info:

About Arman Liew

Arman Liew is the recipe developer, photographer, and writer behind the popular blog, The Big Man's World. Arman's healthy desserts have been featured on The Huffington Post, BuzzFeed, and Delish!, among others.