

[PDF] Gleeefully Gluten-Free! (Healthy Desserts & Snacks)

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Description:

Gleeefully Gluten-Free (Healthy Desserts & Snacks) is a #1 Best Seller!

ON SALE FOR A LIMITED TIME!!! ONLY \$2.99! YOU SAVE \$2.00!!!

Here's what people are saying about Gleeefully Gluten-Free!

"THIS is a cookbook that could make "healthy" and "gluten-free" go mainstream." - Patricia S.

"After trying some of the recipes in this cookbook, I am convinced that you can make

delicious, healthful treats!" - Steven S.

"I had never thought of using some of these ingredients before, and everything I have tried is fantastic!" - Laurie H.

After years of struggling with food allergies, bloat, sluggishness and irritability, Ruth Naylor finally discovered that she, like many other people, was gluten intolerant. She didn't like the idea of having to be on a special diet and never again eating her favorite comfort foods, so she went to work researching the best possible substitutes, without all the unhealthy ingredients!

She began replacing her regular flour with new options, like amaranth, quinoa, rice, and others that were full of nutrition. Before she knew it, she was feeling better than she had in a long time, and even began losing weight!

Give this sample a try! (this is one of Ruth's favorites!)

Cherry Chocolate Cheesecake (raw)

½ cup almonds (soaked overnight in water)

½ cup unsweetened shredded coconut

1/8 tsp sea salt

½ tsp vanilla extract

1 Tbsp raw cacao powder

2 Tbsp agave or raw honey

2 Tbsp cacao nibs

Filling:

2 cups cashews (soaked for at least 1 hour)

¼ cup agave or raw honey

¼ cup pure maple syrup

¼ cup water

¼ cup cacao butter, melted

¼ cup coconut butter, melted

1 tsp vanilla extract

1/8 tsp sea salt

1 cup raw cacao powder

1 cup frozen or fresh cherries (regular or tart, thawed)

Sauce:

2 cups frozen berries (cherries would be best but any berry will do!)

¼ cup agave or raw honey

2 tsp fresh lemon juice

1/8 tsp ground cinnamon

In a food processor combine almonds, coconut, salt, vanilla extract and cacao powder; pulse until crumbly. Add agave and cacao nibs; pulse until mixture comes together. Press into the bottom of a 9-inch springform pan. Using the same food processor, combine all filling ingredients except for cherries; process until completely smooth. Add the cherries and pulse until just incorporated. Pour over the crust and chill or freeze until ready to serve. For the sauce, blend all ingredients together until smooth. Drizzle over each cheesecake slice.

Serves 8 - 10

As you can see, you can still eat CHEESECAKE! And not only is it incredibly delicious, but

nutritious as well. Make this complimentary recipe for your friends and family and see if they can tell the difference, (betcha they CAN'T)! Then come on back and see what other Gleefully Gluten-Free recipes there are to enjoy!

Other recipes include:

- (Raw) Coconut Mango Balls
- Easy Salted Maple Caramel Corn
- Chocolate Almond Power Bar
- Pumpkin Pie Ice Cream
- German Chocolate Cake
- Spicy Kale Chips
- Loaded Oatmeal Cookies
- Healthy Fudgesicles
- Chilled Double Chocolate Torte
- Almond Date Orange Cake

And many more...

Let Ruth take you on her personal journey from feeling sick and discouraged, to finding a better way to eat, and loving every minute! ***Gleefully Gluten-Free! (Healthy Desserts & Snacks)*** will prove to you that there's life beyond gluten sensitivity, and that living a gluten free lifestyle can be enjoyable!

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