

More Than 100 Tasty Recipes For Plant Based Treats Made Even Healthier From

Are you looking for a healthier way to satisfy your sweet tooth? If so, then you'll love this book of plant-based dessert recipes. With over 100 delicious recipes to choose from, you're sure to find something that you'll enjoy.

The recipes in this book are made with all-natural ingredients, so you can feel good about what you're eating. They're also free of refined sugar, gluten, and dairy, so they're perfect for people with allergies or sensitivities.



Whole Grain Vegan Baking: More than 100 Tasty Recipes for Plant-Based Treats Made Even Healthier-From Wholesome Cookies and Cupcakes to Breads, Biscuits, and More by Celine Steen

★★★★☆ 4.4 out of 5

Language : English
File size : 35080 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 176 pages

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Best of all, these desserts are incredibly easy to make. Even if you're a beginner in the kitchen, you'll be able to whip up these treats with ease.

So what are you waiting for? Free Download your copy of this book today and start enjoying healthier, tastier desserts!

Here are just a few of the recipes you'll find in this book:

- **Chocolate Avocado Pudding**
- **Strawberry Banana Nice Cream**
- **Apple Cinnamon Oatmeal Cookies**
- **Peanut Butter Banana Bread**
- **Vegan Chocolate Chip Cookies**

Benefits of Eating Plant-Based Desserts

There are many benefits to eating plant-based desserts, including:

*** They're lower in calories and fat than traditional desserts.* They're a good source of fiber, vitamins, and minerals.* They can help to reduce your risk of chronic diseases, such as heart disease and cancer.* They're better for the environment than traditional desserts.**

Tips for Making Plant-Based Desserts

Here are a few tips for making plant-based desserts:

*** Use ripe fruits and vegetables.** This will give your desserts a natural sweetness. *** Add spices and extracts to your desserts.** This will help to enhance the flavor. *** Don't be afraid to experiment.** There are many different ways to make plant-based desserts.

If you're looking for a healthier way to satisfy your sweet tooth, then this book of plant-based dessert recipes is the perfect choice for you. With over 100 delicious recipes to choose from, you're sure to find something that you'll enjoy.

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