



**Desserts for Two: 50+ Quick & Easy Cooking,  
Gluten-Free Cooking, Wheat Free Cooking,  
Natural Foods, Whole Foods Diet, Dessert &  
Sweets Cooking, ... loss energy-cooking for two)  
(Volume 57)**

*Don Orwell*

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### **How Can You Go Wrong With 100% Superfoods 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 Two - **second edition** contains 50+ Superfoods Desserts recipes for two, created with 100% Superfoods: • Superfoods Raw Vegan Desserts - Half of the recipes are Raw Vegan • Superfoods Vegan Desserts - Three Quarters of the recipes are Vegan • All Recipes are 100% Gluten Free and Wheat Free Most of the desserts can be prepared in just 10 minutes. Each recipe combines 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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