



## Clean Treats for Everyone: Healthy Desserts and Snacks Made with Simple, Real Food Ingredients

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### Product Description

Healthy and wholesome recipes for desserts and snacks made with all-natural ingredients and no refined sugars. Clean Treats for Everyone features dessert and snack recipes made with simple and easy-to-find ingredients for eaters of all ages. If eating clean foods is a priority, then you know how difficult it can be to find snacks, treats, bars, and baked goods with suitable ingredients at the store. With the recipes in this cookbook, you don't have to give up desserts or compromise your snacking. All you need are a few real food ingredients you're likely to already have in your pantry like fruit, nuts, seeds, oats, alternative flours (almond flour and coconut flour) and natural sweeteners (honey, maple syrup, and coconut palm sugar) to create delicious, treats such as: Double Chocolate Banana Bread | Pumpkin Spice Coffeecake | Chocolate Mug Cake | Raspberry Crumble Bars | Apple Nachos | Coconut Dip | No-Bake Magic Bars | Peanut Butter Cup Cheesecake All of the recipes inside are naturally gluten-free, and you'll also find customizable dietary options to fit the needs of your family, from dairy-free and nut-free substitutions to tips for swapping out ingredients and storage. The cookies, bars, balls, baked goods, smoothies and frozen treats will satisfy the craving for a healthy dessert, make a happy find inside a lunchbox, or as a midnight guilt-free treat!