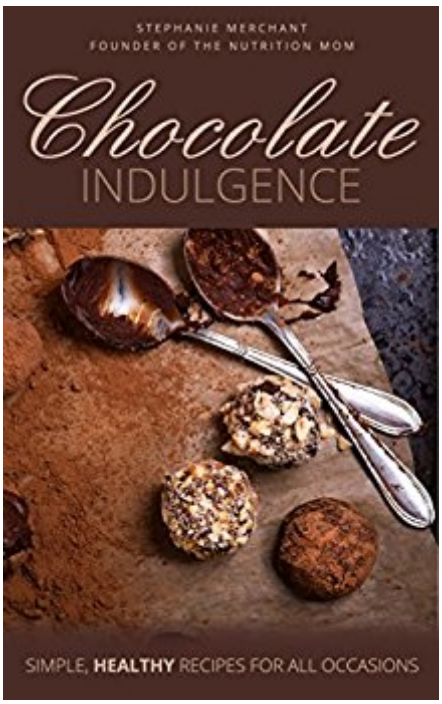
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Chocolate Indulgence: Simple Healthy Recipes For All Occasions



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Synopsis

Do you feel guilty eating delicious, decadent chocolate? Are you ready to learn how to make chocolate a Healthy Indulgence! What if you learned that Chocolate was really good for you? What if it helped you have less anxiety, was as good for you as exercise, and also helped you to have the same feeling that you have when falling in love? After transforming her health and her life, Stephanie Merchant founded The Nutrition Mom. She has shared her story on the pages of SHAPE magazine and the Dr. Oz Show, with the message that it is never too late for a new beginning. Stephanie offers Simple, Healthy, Solutions to the busy modern mom and helps families enjoy making healthy changes. Stephanie loves to share healthy, delicious, quick and easy recipes. And now she is sharing her favorite chocolate recipes with you. In Chocolate Indulgence, you will find over 25 recipes, ranging from Chocolate Ganache to Chocolate Fudgesicles, Chocolate Truffles to Hot Fudge Brownie Bites. These recipes are all Gluten Free, Dairy Free, and Refined Sugar Free. They only use real ingredients and most recipes require no cooking. These chocolate recipes prove once and for all that healthy can taste delicious!

Book Information

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Customer Reviews

I have being following a high raw food diet for few years now. And I love the results in my energy levels and physical appearance. Sweets have being always a struggle for me as we reach out for them whether we are happy or sad. However, living a healthy raw food lifestyle doesn't mean food restrictions, on the contrary it's an abundance of tasty nutritious choices including chocolate! Stephanie incorporated a lot of recipes that don't require cooking in this book thus the desserts will be filled with antioxidants and enzymes. I highly recommend to get this e-book as you will be surprised how easy healthy treats can be. Stephanie put a lot of research and carefully selected the best of the healthy indulgence made of chocolate!

I just purchased Stephanie's book and can't wait to start trying out some of the recipes. I had the privilege of meeting her several years ago when I worked for a holistic clinic. She shared her story with me, I have followed her on Facebook ever since. Love seeing all the amazing doors that have been opened to her that allow her to share her story and help others on their quest for better health. I like most woman (okay, most people) love chocolate so this book really caught my attention. Healthy chocolate???? Sold! Looking forward to indulging in these recipes. ;) So proud of you, Stephanie!

I cannot wait to try ALL these delicious recipes!The explanations are very clear, the ingredients easy to find, the pictures are beautiful!Just in time for healthy, tasty indulgences for Valentine's Day and let's be real all year round healthy treats!Congratulations Stephanie!With gratitude,Christine

Stephanie has done a wonderful job sharing the delicious benefits of CHOCOLATE.....! She shares some amazing and easy recipes for enjoying this superfood without all of the added fillers, sweeteners,dairy and chemical preservatives of store bought chocolate. You can be healthy and indulge!

I LOVE this book! It has been a long time since I allowed myself a chocolate milk shake! It was delicious and very easy to make! And healthy! I cannot wait to try ALL the recipes! I still can't believe how fast and easy it was to make this tasty treat! LOVE, LOVE, LOVE, this book!

Simple, quick, healthy recipes that you can feel good about making for your family and friends! Having food allergies myself, I greatly appreciate the time Stephanie put into creating these gluten,dairy, and soy free recipes. I can't wait to try everything.

A beautiful and tasty collection of recipes I feel GREAT about eating. I've made some of these for dinner parties and he recipe was requested by so many! They are so tasty you forget you're eating a healthy dessert!

Love, love, love the Nutrition mom's recipes. Loved the bonuses and craved more of her story. Chocolate has never been so inspirational! I love following the Stephanie! Amazing book for chocolate lovers- which has to be 99.99% of people, right? xo Lynne

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Tooth A Chocoholic’s Chocolate Cake Cookbook: 30 Indulgent and Diverse Sweet & Delicious Chocolate Cake Recipes for any Chocoholic (secret or otherwise!) Renal Diet Cookbook: The Comprehensive Guide For Healthy Kidneys Ã¢â ¬â œ Simple And Delicious Recipes For Healthy Kidneys (Healthy Eating) 555 Cookie Recipes: Best Delicious Cookie Recipe Cookbook (Chocolate Cookie Recipes, Dessert Recipes, Festive Cookie Recipes, Christmas, Thanksgiving, Easy Baking Cookies) Trim Healthy Mama’s Trim Healthy Table: More Than 300 All-New Healthy and Delicious Recipes from Our Homes to Yours

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