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Chocolate-Covered Katie: Over 80 Delicious Recipes That Are Secretly Good For You



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Synopsis

What if you CAN eat all of your favorite desserts . . . and still be healthy and fit into your skinny jeans?Meet Katie: a girl who eats chocolate every day and sometimes even has cake for breakfast! When Katie’s sugar habit went too far in college and left her lacking energy, she knew something needed to change. So she began developing her own naturally sweet recipes and posting them online. Soon, Katie’s healthy dessert blog had become an Internet sensation, with over six million monthly visitors.Now, in her first cookbook, Katie shares over 80 never-before-seen recipes, such as Chocolate Obsession Cake, Peanut Butter Pudding Pops, and Ultimate Unbaked Brownies, that use only real ingredients, without any unnecessary fats, sugars, or empty calories. These desserts prove once and for all that health and happiness can go hand-in-hand-you can have your dessert and eat it, too!

Book Information

Hardcover: 208 pages

Publisher: Grand Central Life & Style (January 6, 2015)

Language: English

ISBN-10: 1455599700

ISBN-13: 978-1455599707

Product Dimensions: 7.8 x 0.8 x 8.5 inches

Shipping Weight: 1.4 pounds (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars 309 customer reviews

Best Sellers Rank: #21,645 in Books (See Top 100 in Books) #3 inÃ Â Books > Cookbooks, Food & Wine > Cooking by Ingredient > Chocolate #54 inÃ Â Books > Cookbooks, Food & Wine > Desserts #414 inÃ Â Books > Health, Fitness & Dieting > Diets & Weight Loss > Other Diets

Customer Reviews

"Katie makes wonderful treats that you can feel great about serving to your family. Delicious desserts filled with whole grain flours, healthy fats, and sinful flavors to satiate your cravings!"Ã¢â ¬â ¢Ali Larter, actress and author of Kitchen Revelry: A Year of Festive Menus from My Home to Yours"She had me at the Secretly Healthy Brownies... when it comes to creating guiltless desserts, no one’s quite as good as Katie. Her cookbook made me want to instantly bust out my mixer and start whipping up all those amazing treats!"Ã¢â ¬â ¢Gina Homolka, creator of Skinnytaste.com and author of The Skinnytaste Cookbook"I’ve followed Katie’s blog for many years now, and I’ve always been blown away by her talent. She has an uncanny ability to create healthy

versions of decadent treats. Everyone has mad cravings for sweets, and Katie helps you satisfy your cravings in a healthier way. That's a fabulous gift!"Ã¢â ¬â ¢Lori Lange, creator of RecipeGirl.com and author of The Recipe Girl Cookbook"Katie is a girl after our own hearts---concerned with health but obsessed with dessert. Chocolate-Covered Katie gives the reader scrumptious recipes while still attending to nutritional concerns. What a perfect and delicious balance!"Ã¢â ¬â ¢The Lagasse Girls, Authors of The Gluten Free Table

Katie Higgins grew up all over the world. She currently lives in Washington, DC with a kitchen cabinet full of chocolate.

When I first became vegan two years ago next month, Chocolate Covered Katie was one of the first blogs that I discovered, and her recipes (and those from Angela Liddon's blog and now cookbook,Ã Â The Oh She Glows Cookbook: Over 100 Vegan Recipes to Glow from the Inside Out) completely transformed the way I cooked and ate. Over these last two years, I've turned many (non-vegetarian) friends onto Katie's blog and healthy treats by re-posting her recipes on Facebook, and all of my friends who have tasted or tried her recipes have told me how amazing they are. I eagerly pre-ordered her cookbook the very first day that had it available for pre-order back in May. I've honestly been counting down the days until this cookbook was out (I don't think I've been this excited about anything in a long time!), and practically grabbed it out of the hands of the delivery person this morning when it showed up. :-) It does not disappoint! This is one book that you need to have on your shelves if you love sweet treats!While Katie's blog does contain entrees, this cookbook focuses just on desserts -- and wow! What amazing desserts these are!Also, although the title doesn't mention it, all of the recipes in this book are, in fact, vegan.Since doesn't yet have the "Look Inside" feature available, I wanted to give a breakdown of the chapters, along with a little "taste" of some of the recipes in each one so you get an idea of the mouth-watering delicacies in store for you:* The Chocolate-Covered Kitchen -- provides a rundown of what you might want to keep on-hand in your pantry, and some general tips for the recipes* Cookies, Brownies, and Bars -- contains recipes for things like Sinless Peanut Butter Cookies, Chocolate-Covered Thin Mintz (the featured recipe on the cover), Chocolate Raspberry Crumble Bars* Dessert for Breakfast -- recipes include Chocolate Brownie Waffles, Pumpkin Breakfast Pudding (which I've made from her blog; it's easy and delish!), Elvis PB Pancakes, Chocoholic Glazed Donuts, and Midnight Chocolate Crunch Granola* Ice Cream, Milkshakes, and Smoothies --contains about five different ice cream/sorbet recipes, along with things like PB Pudding Pops and a Chocolate Mudslide Smoothie* Pies, Cakes,

and Cupcakes -- includes the Chocolate Obsession Cake, Cashew Cream Mini-Tarts, and lots of cupcakes* Puddings, Dips, Frostings, & More -- this chapter contains some of her wonderful dips, including the number one recipe from her blog, the Cookie Dough Dip, along with things like Healthy Notella and two different pie crust recipesThere is also a Stevia Conversation Chart and a Metric Conversion Chart in the back, along with a comprehensive Index.One of the things I love about Katie's recipes (besides how delicious they are) is how they use easy-to-find ingredients. In fact, when she sends out new recipes in her weekly e-newsletter, I've found that most of the time I can make most of the recipes with what I have on hand. Once you have your pantry stocked with staples, it's very easy and quick to make her recipes. (I don't live near a Whole Foods, and can find all of the ingredients at either my Trader Joe's, my regular grocery store, or here on ; there's no need to hunt down unusual items to make her recipes.) None of Katie's recipes (on her blog or in this book) take very long to make at all, so it's easy to whip together something yummy and healthy for dessert.The other main reason that I love Katie's recipes is that they are not only healthy, but also delicious! My husband (who is a carnivore) has always just loved chocolate or ice cream as his desserts; he usually never likes anything else. However, he loves anything I make by Katie, and regularly requests that I make her "Betterfinger" Bars and Pumpkin Chocolate Pizzokie.Most of the eighty recipes in the book are brand-new, and there is a lovely full-color photo to accompany each one. I love it when cookbooks include photos since the pics are what inspire me to try new recipes! She also includes a few favorite recipes (such as her Cookie Dough Dip I mentioned above -- which is one of the most amazing recipes ever -- and you'd never know that there are chickpeas in it!) from her blog.Besides a photo, each recipe is also accompanied by a nutritional analysis (including calories, fiber, protein, fat, carbs, and Weight Watchers PointsPlus Value), gluten-free options, and some notes about substitutions if you don't have the ingredients on hand that the original recipe calls for.While you don't need a high-speed blender like a Vitamix or a Blendtec for the recipes, you will need a capable blender and/or a food processor.Within an hour of this book arriving, I already made the Peanut Butter Pudding Pops (which are still setting - but the "batter" was delicious!) and the Chocolate Peanut Butter Buckeyes. Both came together quickly and easily.I will update my review as I use this more, but I can already tell that this book will be just as amazing as Katie's blog!

I was cautious when I purchased this but shame on me! I have tried at least 10 recipes and they are fabulous, delicious, scrumptious!!! I liked it so much I gifted my (grown) twin girls with this and they call me and thank me once a week 'cause they tried a recipe and fell in love all over again. Katie is wonder woman!!!!

The chocolate infinity pie recipe is worth the purchase of the book. It is FANTASTIC and so easy to make. I like finding recipes that replace less healthy ingredients with healthier ones. This one is a keeper.

I have made many of her recipes on her blog before this book came out and I pre ordered this..got it home and made a few things and they of course all came out AMAZING!!! LOVE LOVE LOVE her!!!! She always adds nutrition facts too. You must follow her blog in addition to buying this book. Her blog has single serve recipes too that are great since I am baking for 1 usually and also like to microwave mug cakes and make single serve pancakes on the stovetop.The doughnuts are rad and so is the cookie pie (I did the no added sugar version that uses dates).

I've enjoyed Katie's blog and already knew I loved her recipes. I wanted the book because they're not all available, and I like having a physical book over a screen. I was pleasanlty surprised at the tips & side notes in the book. If they are in the blog I never noticed. I like her explainations of ingredients and kitchen tools too. All the types of sweeteners confused me until I read it all laid out together in simpler terms (sucanant vrs raw sugar vrs coconut sugar) The only thing I was a little bummed about is there's more recipes on the website not in the book. I think it's time for her to write a second one!

Oh my goodness! The best healthy dessert book EVER!!!! I'm not gonna lie I felt very skeptical at first... beans in the cookie? No bake carrot cake? But boy was I wrong! While I made of only few things out of it so far - they are absolutely delicious (and of course nutritious!). I'm looking forward to making every single one. Great great book! And the main thing is... my desser-loving son has no clue that he eats good sweets and always asking for more

My addiction!! I love this book, especially on the recipe for the thin mints! It's so easy!! All of the recipes are simple and easy! They require little of ingredients which is a plus for me and my family.

Love this cookbook! I am a sucker for sweets and this cookbook makes it okay to ask for seconds! The black bean brownies are to die for!

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