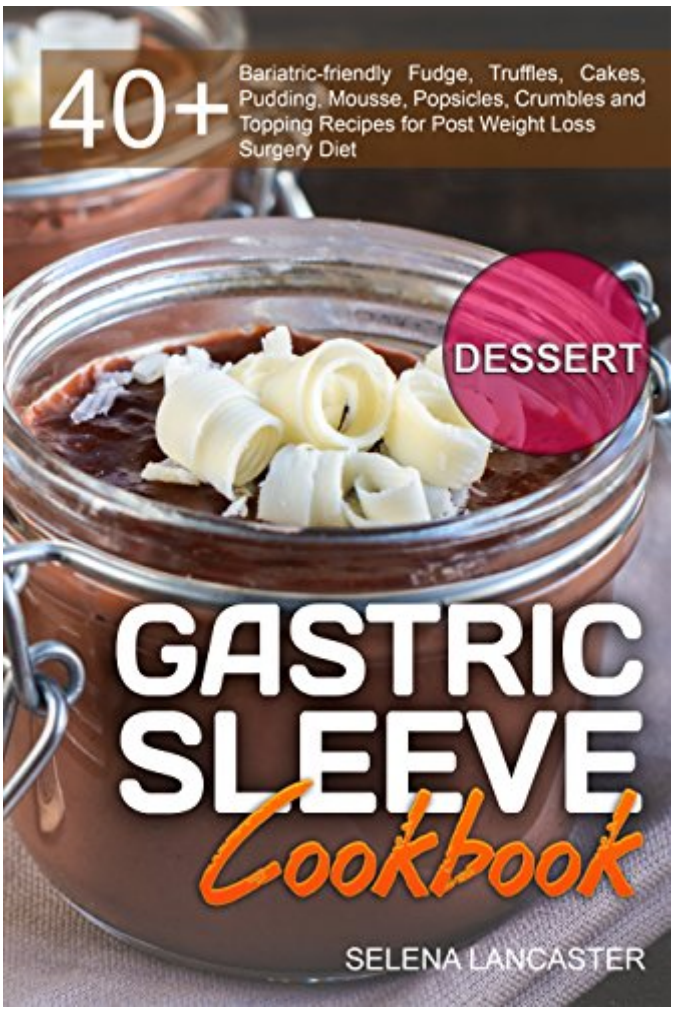
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Gastric Sleeve Cookbook: DESSERT - 40+ Easy And Skinny Low-carb, Low-sugar, Low-fat Bariatric-friendly Fudge, Truffles, Cakes, Mousse, Popsicles, Crumbles ... (Effortless Bariatric Cookbook Series 3)




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Synopsis

Thought that you will never be able to enjoy any dessert now that you have gone through a weight loss surgery? Not Necessarily!In this book, Selena will show you how to tweak traditional sugar-loaded dessert into skinny bariatric-friendly version by adopting healthier ingredients. When enjoyed in moderation, your sweet tooth can be satisfied without upsetting your now sensitive gut. This book includes:1.) An overview on sugar consumption after surgery and an introduction to various natural/artificial sweeteners. You may already know that sugar is a big no-no by now, but how about artificial sweeteners like sucralose, aspartame, Saccharin, acesulfame, xylitol or natural sweeteners such as stevia?Selena will walk you through them one by one and you will know how to pick a healthier sweetener next time you crave something sweet. 2.) An at-a-glance nutrition summary table with cooking time to help you choose which dish to cook.3.) 40+ low-carb, low-sugar, low-fat bariatric-friendly Fudge, Truffles, Cakes, Pudding, Mousse, Popsicles, Crumbles and Topping RecipesAll recipes in this book are bariatric-friendly with under 15g carbs, 5g sugar and 5g fat per serving. Variety is key. Look at the list of recipes provided in this book below and see it for yourself.FudgeSimple Chocolate FudgeEasy Brownies Easy Mocha Fudge Chocolate and Peanut Butter FudgeTruffles/CandyProtein Raspberry GoodiesPeanut Butter CandySkinny BuckeyeAlmond and Apricot Squares Easy Pumpkin Oatmeal Cookies Chocolate Gingerbread Bites Strawberry Yogurt TrufflesCarrot Cake Bites Mug CakePeanut Butter Mug CakeMocha Mug CakeChocolate Pumpkin Mug CakeCinnamon Roll Mug cakeCarrot Mug CakeSnickerdoodle Mug CakePumpkin Spice Mug CakeCheesecakeSmooth Peanut CheesecakeChocolate Mint Cream Cheese BitesEasy Peasy Lemon CheesecakeMousse/PuddingSpooky Pumpkin Pie PuddingTantalizing Lime MousseCreamy Lemon FeastFool-Proof Coffee Mousse Popsicle/Ice CreamFrozen Yogurt Mini CakeStrawberry Fudge PopsiclesBlueberry Mint PopsiclesChai ice creamFruit/CrumbleSimple Banana DelightStuffed StrawberryApple and Berry CrumblePeanut Butter and Strawberry Crumble Berry and Almond CrumbleTopping/DipCheesy Almond DipQuick Tofu ToppingCoconut ButterApple Cheesecake DipChoco-HummusPumpkin Dessert DipAll recipes in this book are completed with details regarding cooking time, ingredients, direction, serving information and full nutritional content, so you will have all the necessary knowledge to follow the plans. Grab this new cookbook today and discover how you can still enjoy your sweet treats after weight loss surgery. DonÃ¢â ¬â„¢t take a pass on these wonderful recipes!

Book Information

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Customer Reviews

Such an excellent purchase I did! This is an amazing cookbook and its really helpful. I had read various cookbooks before this book and this is my 1st time to read a cookbook on the topic of gastric sleeve. When I heard about this book from my cousin, my curiosity grew up from there. Really worth reading and recommending to all!

I love this cookbook! The introduction is very informative, you'll learn so much about your foods content and what to avoid and/or reduce. The desserts looks mouthwatering and definitely healthy, the listed kcal per recipe is very helpful too! Can't wait to try these ÃƒÂ¢Ã Â•Ã Â¤ÃƒÂ Ã Â¸Ã Â•

Great recipes easy to make

Wow! What an awesome cookbook. ÃƒÂ Ã Å¸Ã ËœÃ Â• The recipes looks so inviting, delicious and healthy at the same time! You can definitely get the ingredients in your nearest stores! The author did a lot of research on the subject and the book is well written.I have found easy to follow cooking instructions, nutrition info, and many more things.

This is really good. I love dessert through this book i learn sooo many dessert items. It’s just cool . Really super.

This Gastric Sleeve Cookbook helps me a lot. This book contains almost 40+ healthy, tasty and diet-full meals instructions. This book can help to get effective results for someone who wants to maintain the weight and be healthy and smart looking also. In this book the writer tells us how to tweak traditional sugar-loaded dessert into skinny bariatric-friendly version by adopting healthier ingredients. When enjoyed in moderation, your sweet tooth can be satisfied without upsetting your now sensitive gut.

A really good cookbook with some really tasty recipes in here. They look like they are easy to prepare, thanks to the well explained instructions. Recommended.

The author has introduced such an awesome book to reveal the countless benefits while defining gastric sleeves. Gastric sleeve cookbook contain approximately 40+ recipes or in other words we can say low carb, low sugar, low fat, high protein and main course dishes for good life. Recommended to all.

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