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The Biggest Loser Dessert Cookbook: More Than 80 Healthy Treats That Satisfy Your Sweet Tooth Without Breaking Your Calorie Budget

By Devin Alexander, The Biggest Loser Experts and Cast

Rodale Books, United States, 2010. Paperback. Book Condition: New. 213 x 201 mm. Language: English . Brand New Book. Each season on The Biggest Loser, we watch the contestants sweat their way to a healthier body and a brand new lease on life. But the dramatic changes that unfold on our television screens are only part of the story. To be successful at home, the contestants have to develop strategies and sustainable habits they can maintain for the long haul. And that includes learning how to satisfy sweet cravings and keep deprivation at bay. In The Biggest Loser Dessert Cookbook, best-selling author Chef Devin Alexander shows you how to indulge sensibly with more than 80 guilt-free recipes made from wholesome, all-natural ingredients. Rediscover your passion for fruit with desserts like the Naked Apple Tart, Cherry-Vanilla Almond Parfait, and Strawberry Cloud Souffles Cool down your cravings with frozen treats such as the Waffle Ice Cream Sandwich, Mango-Peach Key Lime Sorbet Popsicles, and Pumpkin Ice Cream Share your sweets with a crowd with bake-sale favorites like Fudge Swirl Peanut Butter Cupcakes, Go Blue-Berry Cobbler Mini Loaves, and Pecan Praline Cookie Thins Sip your way to satisfaction with the Mango Lassi Milkshake, Peach No-Belly...



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