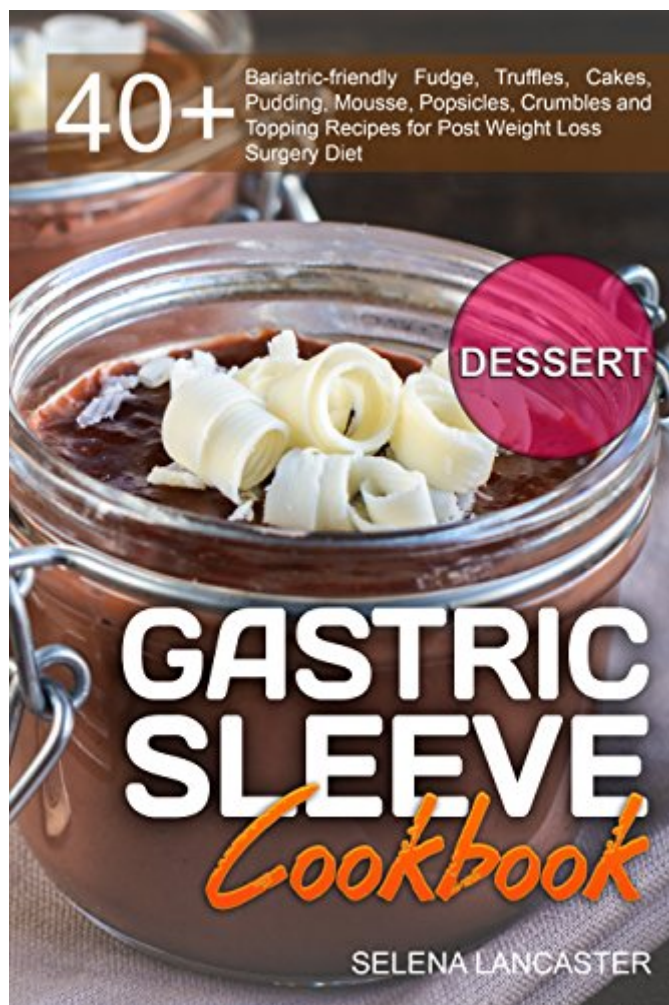


The book was found

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)





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 Recipes

All 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.

Fudge
Simple Chocolate Fudge
Easy Brownies
Easy Mocha Fudge
Chocolate and Peanut Butter Fudge

Truffles/Candy
Protein Raspberry Goodies
Peanut Butter Candy
Skinny Buckeye
Almond and Apricot Squares

Easy Pumpkin Oatmeal Cookies
Chocolate Gingerbread Bites
Strawberry Yogurt Truffles
Carrot Cake Bites
Mug Cake
Peanut Butter Mug Cake
Mocha Mug Cake
Chocolate Pumpkin Mug Cake
Cinnamon Roll Mug cake
Carrot Mug Cake
Snickerdoodle Mug Cake
Pumpkin Spice Mug Cake
Cheesecake
Smooth Peanut Cheesecake
Chocolate Mint Cream Cheese Bites

Easy Peasy Lemon Cheesecake
Mousse/Pudding
Spooky Pumpkin Pie
Pudding
Tantalizing Lime Mousse
Creamy Lemon Feast
Fool-Proof Coffee Mousse
Popsicle/Ice Cream
Frozen Yogurt
Mini Cake

Strawberry Fudge Popsicles
Blueberry Mint Popsicles
Chai ice cream
Fruit/Crumble
Simple Banana Delight
Stuffed Strawberry
Apple and Berry Crumble
Peanut Butter and Strawberry Crumble
Berry and Almond Crumble

Topping/Dip
Cheesy Almond Dip
Quick Tofu Topping
Coconut Butter
Apple Cheesecake Dip
Choco-Hummus
Pumpkin Dessert Dip

All 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. Don't take a pass on these wonderful recipes!

Book Information

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Fitness & Dieting > Diets & Weight Loss > Low Carb

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 🍷🍰🥗🥤

Great recipes easy to make

Wow! What an awesome cookbook. The recipes look 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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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) Bariatric Cookbook: Delicious Recipes for Your Gastric Sleeve Recovery (Gastric Sleeve Cookbook, Bariatric Cookbook, Bariatric Surgery, Gastric Bypass Cookbook, Gastric Sleeve Book 2) Gastric Sleeve Cookbook: Delicious Recipes to Recover Yourself After Bariatric Weight Loss Surgery (Gastric Sleeve Cookbook, Bariatric Cookbook, Bariatric ... Bypass Cookbook, Gastric Sleeve Book 1) Gastric Sleeve Diet: A Comprehensive Gastric Sleeve Weight Loss Surgery Diet Guide (Gastric Sleeve Surgery, Gastric Sleeve Diet, Bariatric Surgery, Weight Loss Surgery, Maximizing Success Rate) Low Carb: 365 Days of Low Carb Recipes (Low Carb, Low Carb Cookbook, Low Carb Diet, Low Carb Recipes, Low Carb Slow Cooker, Low Carb Slow Cooker Recipes, Low Carb Living, Low Carb Diet For Beginners) Gastric Sleeve Cookbook: Delicious Recipes to Recover Yourself After Bariatric Weight Loss Surgery (Gastric Sleeve Cookbook, Bariatric Cookbook, ... Bypass Cookbook, Gastric Sleeve) (Volume 1) Gastric Sleeve Cookbook: A Food Guide to Stages One and Two of Your Gastric Sleeve Surgery Recuperation (Gastric Sleeve Diet, Gastric Sleeve Recipes Book 1) FUDGE: 60 TOP RECIPES (fudge cookbook,

fudge recipes, fudge, fudge recipe book, fudge cook books) Gastric Sleeve Cookbook: BREAKFAST - 40+ Easy and skinny Bariatric-friendly Breakfast Muffins, Quiche, Frittata, Sausage, Waffles, Pancakes, Oats Recipes ... Diet (Effortless Bariatric Cookbook Series) Gastric Sleeve Recipes: Making Bariatric Surgery Recovery Palatable (Gastric Sleeve Diet, Gastric Sleeve Cookbook Book 3) Gastric Sleeve Cookbook: MAIN COURSE - 60 Delicious Low-Carb, Low-Sugar, Low-Fat, High Protein Main Course Dishes for Lifelong Eating Style After Weight ... (Effortless Bariatric Cookbook Series 2) Low Carb Cookbook: Delicious Snack Recipes for Weight Loss. (low carbohydrate foods, low carb cooking, low carb diet, low carb recipes, low carb, low carb ... dinner recipes, low carb diets Book 1) Gastric Sleeve Cookbook: QUICK and EASY â “ 40+ Bariatric-Friendly Salad, Soup, Stew, Vegetable Noodles, Grilling, Stir-Fry and Braising Recipes You Can ... (Effortless Bariatric Cookbook Series 6) Gastric Sleeve Diet: Step By Step Guide For Planning What to Do and Eat Before and After Your Surgery (Gastric Sleeve Cookbook, Gastric Sleeve Recipes Book 2) Gastric Sleeve Cookbook: PRESSURE COOKER â “ 40+ Bariatric-Friendly Pressure Cooker Chicken, Beef, Pork, Fish and Seafood Recipes for Post-Weight Loss Surgery ... (Effortless Bariatric Cookbook Series 7) Gastric Sleeve Cookbook: MAIN COURSE - 60 Delicious Low-Carb, Low-Sugar, Low-Fat, High Protein Main Course Dishes for Lifelong Eating Style After ... Bariatric Cookbook Series) (Volume 2) Low Carb Diet: Introduction To Low Carb Diet And Recipes Of Low Carb Soups And Casseroles: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) Low Carb: The Ultimate Beginnerâ™s Low Carb Guide to Lose Weight Quick without Starving With over 20 Easy Recipes To Follow. (Low Carb, Low Carb Cookbook, ... Diet, Low Carb Recipes, Low Carb Cookbook) Easy Fudge Cookbook: A Fudge Cookbook for Fudge Lovers, Filled with Delicious Fudge Recipes Low Carb: Low Carb, High Fat Diet. The Winning Formula To Lose Weight (Healthy Cooking, Low Carb Diet, Low Carb Recipes, Low Carb Cookbook, Eat Fat, Ketogenic Diet)

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