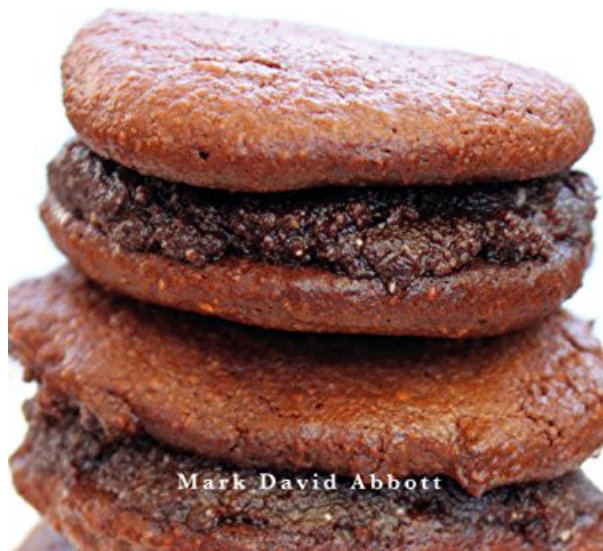


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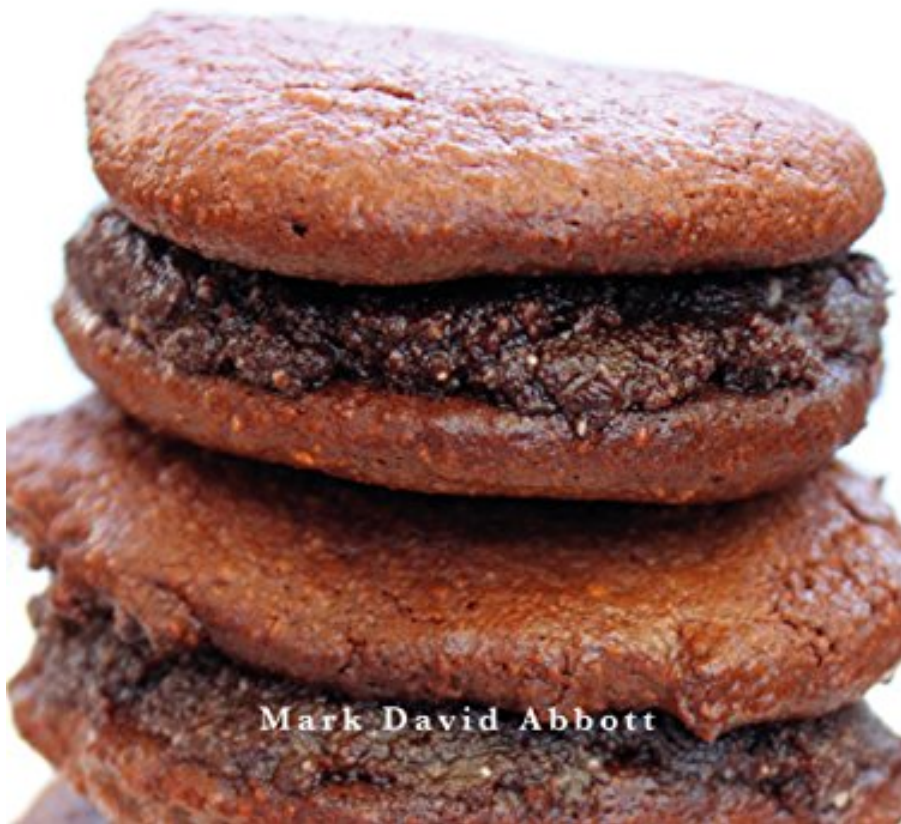


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Do you have a sweet tooth but feel guilty about eating your favorite snacks?

Are you worried about the chemicals, food additives, and other unhealthy ingredients that make up store bought cookies?

This book is the solution for you.

Years ago I discovered that I was gluten and lactose intolerant. For someone with a sweet tooth like mine, this could have been a blow but it set me on a path to learning about what goes into our food and how we can still enjoy sweet treats without affecting our health.

These are the Cookie recipes I have collected and adapted over time, all gluten free, dairy free and refined sugar free.

Containing healthy and nutritious ingredients, they are simple to make and will ensure that you can still enjoy your food without adversely affecting your health.

- Sales Rank: #542951 in eBooks
- Published on: 2015-04-26
- Released on: 2015-04-26
- Format: Kindle eBook

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Healthy snacking

By ayeesha ahmed

I have no food allergies and was always skeptical about how can dessert taste good without Dairy and sugar, but after having tried and tested few of the recipes from this book, I am sold!!

The book not only has easy to make cookies but also shares a lot of information on why some ingredients that are found in our everyday food is not good for us and how simple changes won't alter the taste but in fact has long term benefits. Looking forward to more such recipes.

My personal fav - coconut macaroons and almond biscotti.

1 of 1 people found the following review helpful.

Guilt free Cookie eating!

By frances j sim

At long last a cookie book that doesn't make me feel guilty! Wonderful easy to follow recipes. Mark Abbott

has written a book that has recipes which are really easy to make and taste great. You do not have to be lactose intolerant or intolerant of wheat etc to enjoy these recipes. I don't eat cookies because I am mindful of how easy to eat more than one, but now I can have a cookie ( or two)! with a cup of tea and not feel guilty. Great pictures and I love the little personal asides. Thank you Mark, You are the cookie lovers saviour!

1 of 1 people found the following review helpful.

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