# Heart-healthy Sweets and Desserts



Filesize: 7.84 MB

# Reviews

Very helpful to all of group of men and women. It can be writter in easy terms instead of confusing. You will like how the writer write this book.

(Dr. Daren Mitchell PhD)

# **HEART-HEALTHY SWEETS AND DESSERTS**



Marshall Cavendish International (Asia) Pte Ltd. Paperback. Book Condition: new. BRAND NEW, Heart-healthy Sweets and Desserts, Jehanne Ali, Who says you can't enjoy mouth-watering desserts without feeling guilty? Mango Sorbet, Honey Vanilla Yoghurt and Dark Chocolate Brownies are among this brimming collection of indulgent treats. These creations are from Dr Jehanne Ali, a medical doctor who loves pampering her family with scrumptious desserts. With easy recipes and dietary advice, she shows how you can enjoy your food and maintain your health at the same time. Bursting with antioxidants and nutrients important to keeping your heart healthy, these treats require little effort to prepare and will mark a sweet end to any meal.



# Other Kindle Books



#### Giraffes Can't Dance

Hachette Children's Group. Paperback. Book Condition: new. BRAND NEW, Giraffes Can't Dance, Giles Andreae, Guy Parker-Rees, Number One bestseller Giraffes Can't Dance from author Giles Andreae has been delighting children for over 15 years. Gerald...

Save PDF »



# You Shouldn't Have to Say Goodbye: It's Hard Losing the Person You Love the Most

Sourcebooks, Inc. Paperback / softback. Book Condition: new. BRAND NEW, You Shouldn't Have to Say Goodbye: It's Hard Losing the Person You Love the Most, Patricia Hermes, Thirteen-year-old Sarah Morrow doesn't think much of the...

Save PDF »



### My Best Bedtime Bible: With a Bedtime Prayer to Share

Lion Hudson Plc. Paperback. Book Condition: new. BRAND NEW, My Best Bedtime Bible: With a Bedtime Prayer to Share, Sophie Piper, Claudine Gevry, This heartwarming collection of ten Bible stories is ideal for reassuring and...

Save PDF »



# Daddyteller: How to Be a Hero to Your Kids and Teach Them What's Really by Telling Them One Simple Story at a Time

 $Create space, United States, 2013. \ Paperback. \ Book \ Condition: New. \ 214 \times 149 \ mm. \ Language: English. \ Brand \ New \ Book \ ****** \ Print on Demand \ ******. \ You have the power, Dad, to influence and educate your child. \ You \ can...$ 

Save PDF »



Happy Baby Happy You 500 Ways to Nurture the Bond with Your Baby by Karyn Siegel Maier 2009 Paperback Book Condition: Brand New. Book Condition: Brand New.

Save PDF »



### Genuine] Whiterun youth selection set: You do not know who I am Raoxue(Chinese Edition)

paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment. Paperback. Pub Date: 2012-08-01 Pages: 254 Publisher: rolls of publishing companies basic information title:

Read Book »



### Six Steps to Inclusive Preschool Curriculum: A UDL-Based Framework for Children's School Success

Brookes Publishing Co. Paperback. Book Condition: new. BRAND NEW, Six Steps to Inclusive Preschool Curriculum: A UDL-Based Framework for Children's School Success, Eva M. Horn, Susan B. Palmer, Gretchen D. Butera, Joan A. Lieber, How

Read Book »



### Twitter Marketing Workbook: How to Market Your Business on Twitter

Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. Workbook. 279 x 216 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Twitter Marketing Workbook 2016 Learn how to market your Read Book »



### It's Just a Date: How to Get 'em, How to Read 'em, and How to Rock 'em

HarperCollins Publishers. Paperback. Book Condition: new. BRAND NEW, It's Just a Date: How to Get 'em, How to Read 'em, and How to Rock 'em, Greg Behrendt, Amiira Ruotola-Behrendt, A fabulous new guide to dating

Read Book »



# Authentic Shaker Furniture: 10 Projects You Can Build (Classic American Furniture Series)

Popular Woodworking Books. PAPERBACK. Book Condition: New. 1558706577 12+ Year Old paperback book-Never Read-may have light shelf or handling wear-has a price sticker or price written inside front or back cover-publishers mark-Good Copy- I ship