

Heart-healthy Sweets and Desserts



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Reviews

It is fantastic and great. It usually will not charge an excessive amount of. Once you begin to read the book, it is extremely difficult to leave it before concluding.

(Modesto Mante)

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.



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