



# **I Love Dessert but NOT Sugar, Wheat, Milk, Gluten, Corn, Soy, Unhealthy Fat...**

*Nicolette M Dumke*

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**I Love Dessert but NOT Sugar, Wheat, Milk, Gluten, Corn, Soy, Unhealthy Fat...** Nicolette M Dumke  
If you are on a restricted diet due to food allergies or gluten intolerance, you don't have to be deprived of the pleasure of your favorite desserts. Now you can enjoy delicious desserts which are free of your problem foods. With **I Love Dessert but NOT Sugar, Wheat, Milk, Gluten, Corn, Soy, Unhealthy Fat...** you will rediscover the enjoyment of simple pleasures. This book contains more than 300 easily-made recipes for almost any dessert you might want, all free of sugar, wheat, corn, soy, and unhealthy fats. Most of the recipes are gluten-free; a wide variety of gluten-free grains and grain alternatives is used in addition to rice. The desserts are sweetened with healthy natural sweeteners such as agave, fruit sweeteners, and stevia. Enjoy simple fruit desserts, puddings, cobblers, crisps, pies, cakes, ice creams (including dairy-free), sweet breads and rolls, cookies and confections on your special diet. When your friends or family are having a treat, now you can join in. Don't deprive yourself any more!

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