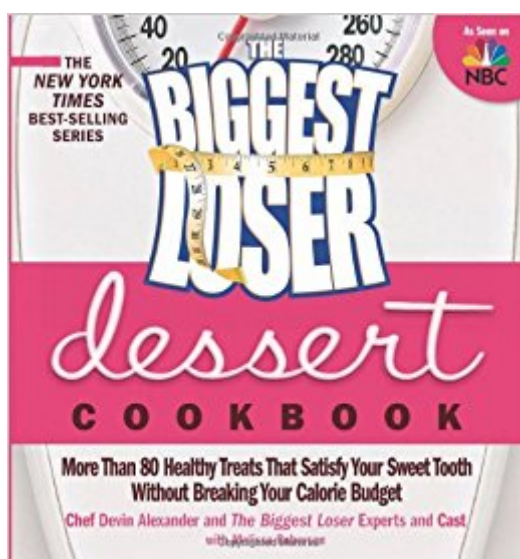


The book was found

The Biggest Loser Dessert Cookbook: More Than 80 Healthy Treats That Satisfy Your Sweet Tooth Without Breaking Your Calorie Budget



Synopsis

Each season on *The Biggest Loser*, we watch the contestants sweat their way to a healthier body and a brand new lease on life. But the dramatic changes that unfold on our television screens are only part of the story. To be successful at home, the contestants have to develop strategies and sustainable habits they can maintain for the long haul. And that includes learning how to satisfy sweet cravings and keep deprivation at bay. In *The Biggest Loser Dessert Cookbook*, best-selling author Chef Devin Alexander shows you how to indulge sensibly with more than 80 guilt-free recipes made from wholesome, all-natural ingredients. Rediscover your passion for fruit with desserts like the Naked Apple Tart, Cherry-Vanilla Almond Parfait, and Strawberry Cloud Soufflé. Cool down your cravings with frozen treats such as the Waffle Ice Cream Sandwich, Mango-Peach Key Lime Sorbet Popsicles, and Pumpkin Ice Cream. Share your sweets with a crowd with bake-sale favorites like Fudge Swirl Peanut Butter Cupcakes, Go Blue-Berry Cobbler Mini Loaves, and Pecan Praline Cookie Thins. Sip your way to satisfaction with the Mango Lassi Milkshake, Peach No-Belly Bellini, and Icy Chai Shake. Losing weight is all about making smarter choices not giving up the foods you love. Turn your guilty pleasures into healthy indulgences today!

Book Information

Paperback: 256 pages

Publisher: Rodale Books (November 9, 2010)

Language: English

ISBN-10: 1609611292

ISBN-13: 978-1609611293

Product Dimensions: 8 x 0.3 inches

Shipping Weight: 1.4 pounds (View shipping rates and policies)

Average Customer Review: 4.1 out of 5 stars 46 customer reviews

Best Sellers Rank: #546,374 in Books (See Top 100 in Books) #282 in Books > Cookbooks, Food & Wine > Cooking Methods > Budget #293 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Low Fat #1128 in Books > Cookbooks, Food & Wine > Special Diet > Weight Loss

Customer Reviews

New York Times bestselling author Devin Alexander has shared her secrets for unbelievably decadent-tasting healthy foods through frequent appearances on such national TV shows as *The*

TODAY Show, Fox & Friends, Good Morning America, and The View, and has also appeared on Discovery Health, HGTV, USA, Style Network and others. Devin's advice has also appeared in more than 100 magazine articles, including Prevention, Women's Health, Runners World, Shape, USA Today, Parade, Bon Appetit, and Health to name a few. Devin is currently the host of "Healthy Decadence with Devin Alexander" in FitTv. She is the author of The Biggest Loser Cookbook, The Biggest Loser Family Cookbook, Fast Food Fix, The Most Decadent Diet Ever, and I Can't Believe It's Not Fattening.

I kind of wish Biggest Loser would get on the band wagon or Organic / Non Processed / Etc. It seems a lot of these and recipes in their other books have the "semi home made" kind of take, which requires using packaged/processed foods. I don't eat that garbage, so I have to modify recipes. I want cook books from scratch with real ingredients.

I received my book very quickly and in excellent condition. I love the book itself as it has pictures of the recipes and detailed information.

I bought these for a friend and he loves the recipes. I get to enjoy the taste factor. :) Fast service. Thank you.

I couldn't find coconut sugar at the store I shop at and other ingredients. I found the recipes to be impractical and donated the book to the library for its book sale

Have yet to use. The desserts look easy to make

Have enjoyed this cookbook, great recipes that I have shared with several friends and family members, they have all enjoyed special treatment from me when I make new recipes.

Love this book - have 4 of Devin's cookbooks and all are great !!! Tons of recipes.

Quick ideas for food boredom when trying to watch what you eat.

[Download to continue reading...](#)

The Biggest Loser Dessert Cookbook: More than 80 Healthy Treats That Satisfy Your Sweet Tooth without Breaking Your Calorie Budget Negative Calorie Diet: Calorie Zero to Size Zero!: (Negative

Calorie,Negative Calorie Diet,The Negative Calorie Diet,Negative Calorie Foods,Negative Calorie ...
 in a week,the negative calorie diet book) Yonanas: Frozen Healthy Dessert Maker Cookbook: (121
 Easy Unique Frozen Treats and Alcoholic Desserts, Including Non-Dessert Recipes Like Mashed
 Potatoes, ... (Healthy Frozen Dessert Recipes) Low Calorie & Fat: Healthy Breakfast Recipes!
 Discover New Healthy Breakfast Ideas. Healthy Muffin Recipes, Healthy Smoothies, Healthy Egg
 Recipes and ... Only! (Low Calorie & Fat Recipes Book 1) 30 Delicious Sweet Potato Recipes
 –œ Tasty and Healthy Sweet Potato Recipes (The Ultimate Sweet Potato Cookbook
 Including Recipes For Sweet Potato Soup, ... Salad, Sweet Potato Souffle and More 1) Paleo
 Desserts: Satisfy Your Sweet Tooth With Over 100 Quick and Easy Paleo Dessert Recipes & Paleo
 Diet Baking Recipes (gluten free, lose belly fat, paleo ... diet desserts, paleo diet, wheat free) The
 Ultimate Paleo Desserts: Satisfy Your Sweet Tooth With Over 100 Quick and Easy Paleo Dessert
 Recipes and Paleo Baking Recipes The Biggest Loser Family Cookbook: Budget-Friendly Meals
 Your Whole Family Will Love Yonanas: Frozen Healthy Dessert Maker Cookbook (121 Easy Unique
 Frozen Treats and Alcoholic Desserts, Including Non-Dessert Recipes Like Mashed Potatoes,
 Hummus and Guacamole!) 30 Delicious Microwave Desserts: Get Quick & Easy Recipes to Satisfy
 Your Sweet Tooth from Simple Microwave Desserts Cookbook Low Carb Candy Bars: 25 Low Carb
 Recipes To Satisfy Your Sweet Tooth: (low carbohydrate, high protein, low carbohydrate foods, low
 carb, low carb cookbook, low carb recipes) Our Cuisinart Ice Cream Recipe Book: 99 Ways to
 Frozen Yogurt, Soft Serve, Sorbet or MilkShake that Sweet Tooth! (Sweet Tooth Endulgences)
 (Volume 1) Our Cuisinart® Ice Cream Recipe Book: 125 Ways to Frozen Yogurt, Soft Serve,
 Sorbet or MilkShake that Sweet Tooth! (Sweet Tooth Indulgences) The Sweet Potato Cookbook:
 Delicious Sweet Potato Recipes for Any Occasion - Discover the Versatility of The Humble Sweet
 Potato with This Sweet Potato Cookbook Hungarian Dessert :KärfÄ rtÄ...â ^s KalÄfÄjcs Or How
 To Make Hungarian Chimney Cake, Secrets and recipes for the perfect chimney cakes (Traditional
 Dessert, Transylvanian ... Special Occasions, Wedding Dessert) The Ultimate Guide to Candy
 Making: Over 25 Candy Recipes to Satisfy Your Sweet Tooth The Best Chocolate Chip Cookies:
 Mouthwatering Chocolate Chip Cookie Recipes to Satisfy Your Sweet Tooth American Heart
 Association Low-Calorie Cookbook: More Than 200 Delicious Recipes for Healthy Eating The
 Russian Sweet Tooth: Delicious Russian American Dessert Recipes (The Lobanovsky Family Table
 Book 2) Sally's Candy Addiction: Tasty Truffles, Fudges & Treats for Your Sweet-Tooth Fix

Contact Us

DMCA

Privacy

FAQ & Help