# **CLEAN EATING DESSERT RECIPES**



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Just because you eat clean, doesn t mean you can t indulge your sweet tooth every once in a while. From baked goods like cakes, cookies and pies to homemade ice cream and sorbets, these clean dessert recipes feature less sugar and empty calories than the average sweet treat.

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If you're looking to satisfy your sweet tooth while staying on the healthier side of life, these clean eating desserts are the way to go. Highlighting wholesome ingredients like dates, avocados, and dark chocolate, these sweet treats are excellent alternatives to traditional cakes, cookies, etc. that are weighed down with processed sugar. http://ebookslibrary.club/Clean-Eating-Desserts-to-Die-For-MyRecipes.pdf

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Who says desserts can't be healthy? By utilizing ingredients like fresh fruit, dark chocolate, and dairy, you can create clean eating desserts that are truly delicious.

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