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100 Healthy Dessert Ideas Cooking Light

A combo of cocoa powder and melted chocolate makes for a rich, ultra-chocolaty dessert. We updated the recipe to use heavy cream in place of the half-and-half in the original. Note: If you're using a 1 1/2-quart tabletop ice-cream maker, it'll be pretty full.

<http://ebookslibrary.club/100-Healthy-Dessert-Ideas-Cooking-Light.pdf>

Healthy Quick Easy Dessert Recipes EatingWell

Microwave desserts are ideal for many situations: when it's hot out, if you want something quick, or if you don't have access to an oven or stove. Many of these recipes microwave chocolate and combine it with sweet fruit, nuts or even pretzels for a delicious microwave dessert.

<http://ebookslibrary.club/Healthy--Quick-Easy-Dessert-Recipes-EatingWell.pdf>

Healthy Cookie Dessert Recipes EatingWell

Delicious desserts are possible without using granulated sugar. Our healthy dessert recipes without white sugar are the perfect example! These alternates to white sugar shine in these healthy dessert recipes developed specifically with their unique flavor and texture in mind.

<http://ebookslibrary.club/Healthy-Cookie-Dessert-Recipes-EatingWell.pdf>

10 Heart Healthy Dessert Recipes Health

Sweets and treats aren't off-limits if you're aiming for a heart-healthy diet. You just have to choose carefully.

<http://ebookslibrary.club/10-Heart-Healthy-Dessert-Recipes-Health.pdf>

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