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## Healthy Frozen Dessert Recipes: No Sugar Added! Ice Pops, Slushes, Sorbet, Treats on Sticks, Frozen Yogurt, Frozen Drinks, Pies, Bars, Parfaits and More

By Sarah Spencer

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Frozen Desserts without the Guilt! Make treats without any sugar added like Ice Pops, Slushes, Sorbet, Treats on Sticks, Frozen Yogurt, Frozen drinks, Pies, Bars, Parfaits and More Once the warm weather hits, our taste buds seem to crave a different taste sensation. We desire freshness and sweetness that both satisfy and refresh. The only problem with traditional summer treats is that they tend to be a little too heavy on sugar and calories, while not fully utilizing the freshness of seasonal ingredients. When you decide to use what nature has to offer, you will find that there is less need for added sugars and artificial flavors. We have created this book to show you how to create tasty frozen summer treats that are sugar free and for the most part, guilt free as well. You can have the creaminess of ice cream, the leisurely pleasure of an ice pop and frozen drinks that are unparalleled in flavor. This book has been specially created for those like you, who desire to live and eat with as little added...



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