

The book was found

# The Virtuous Tart: Sinful But Sainly Recipes For Sweets, Treats And Snacks



## Synopsis

Now you can have your cake and eat it too. Susan Jane White eats something sweet every day. Many of us do. But the difference is most of us don't get the same health kick from our indulgences as Susan Jane does. That's because all of Susan Jane's sweets, treats, drinks and snacks are packed with nutritional hits that love your body, boost your brain and make you feel and look great. It's no wonder they are her most requested recipes. With this book you'll learn that wholesome food need never tax your taste buds. You'll discover new ingredients that not only taste better, but treat your body better too. Imagine a nutritional slam-dunk while snacking on a slice of tiffin! Picture your taste buds raving to the tune of coconut torte! Visualise your toes breakdancing with every crunch of a teff cookie! The Virtuous Tart will nurse your sweet tooth and service your body like a first-rate Formula 1 pit stop, and you'll have the energy levels and body to prove it.

## Book Information

File Size: 29495 KB

Print Length: 224 pages

Publisher: Gill & Macmillan (September 18, 2015)

Publication Date: September 16, 2015

Sold by: Digital Services LLC

Language: English

ASIN: B014W7O2NM

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #738,941 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #29

in Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Regional & International >

European > Irish #103 in Books > Cookbooks, Food & Wine > Regional & International >

European > Irish #130 in Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Baking >

Cookies

## Customer Reviews

Delicious recipes, well written, lots of inspiration and background information. My only, really only,

"beef" is that I found the recipes too sweet for my taste. However, once I tried a few recipes I started to adjust the sweetener of choice to approx half of what the recipe called for. It might result in a slightly different outcome, although that wasn't a problem for me. Definitely one of the better books on gluten-free, lactose free and processed sugar and processed sweeteners free.

Love! Not the same old rehashed recipes. Also, the author's writing style is engaging, humorous.

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

The Virtuous Tart: Sinful but Sainly Recipes for Sweets, Treats and Snacks Who Dat Cookin': The SAINTly and Sinful Flavors of South Louisiana Sinful Ever After (Sinful Serenade Book 5) 500 Low-carb Recipes - 500 Recipes, From Snacks To Dessert, That The Whole Family Will Love (500 Recipes, from Snacks to Dessert) DIY Protein Bars: 25 Simple Protein Bar Recipes For Making Quick Healthy Snacks. Learn How to Make Protein Bars in No Time (diy protein bars, protein bars, high protein snacks) Halloween Recipes: Out of This World Treats and Snacks Gluten-Free Classic Snacks: 100 Recipes for the Brand-Name Treats You Love (Gluten-Free on a Shoestring) Kids' Treats: 50 Easy, Extra-Special Snacks to Make with Your Little Ones Baker's Secret Family Chocolate Treats Cookbook: 25 delicious, easy to cook, chocolate treats for the whole family to enjoy, including lots of bakers' secrets (Baker's Secrets Cookbooks) Momentum: The Responsibility Paradigm and Virtuous Cycles of Change in Colleges and Universities DIY Protein Bars Cookbook: Easy, Healthy, Homemade No-Bake Treats That Taste Like Dessert, But Just Happen To Be Packed With Protein! The Gluten-free Gourmet Makes Dessert: More Than 200 Wheat-free Recipes for Cakes, Cookies, Pies and Other Sweets Afternoon Tea: Delicous Recipes for Scones, Savories & Sweets Once Upon a Tart...: Soups, Salads, Muffins, and More Tart Cards: London's Illicit Advertising Art Till Death Do Us Tart (Oxford Tearoom Mysteries ~ Book 4) The Dim Sum Field Guide: A Taxonomy of Dumplings, Buns, Meats, Sweets, and Other Specialties of the Chinese Teahouse The Craft of Baking: Cakes, Cookies, and Other Sweets with Ideas for Inventing Your Own The Playboy Guide to Bachelor Parties: Everything You Need to Know About Planning the Groom's Rite of Passage-From Simple to Sinful Nutcracker Sweets

[Dmca](#)