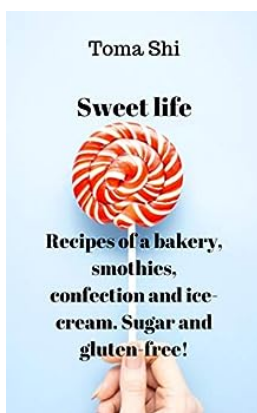
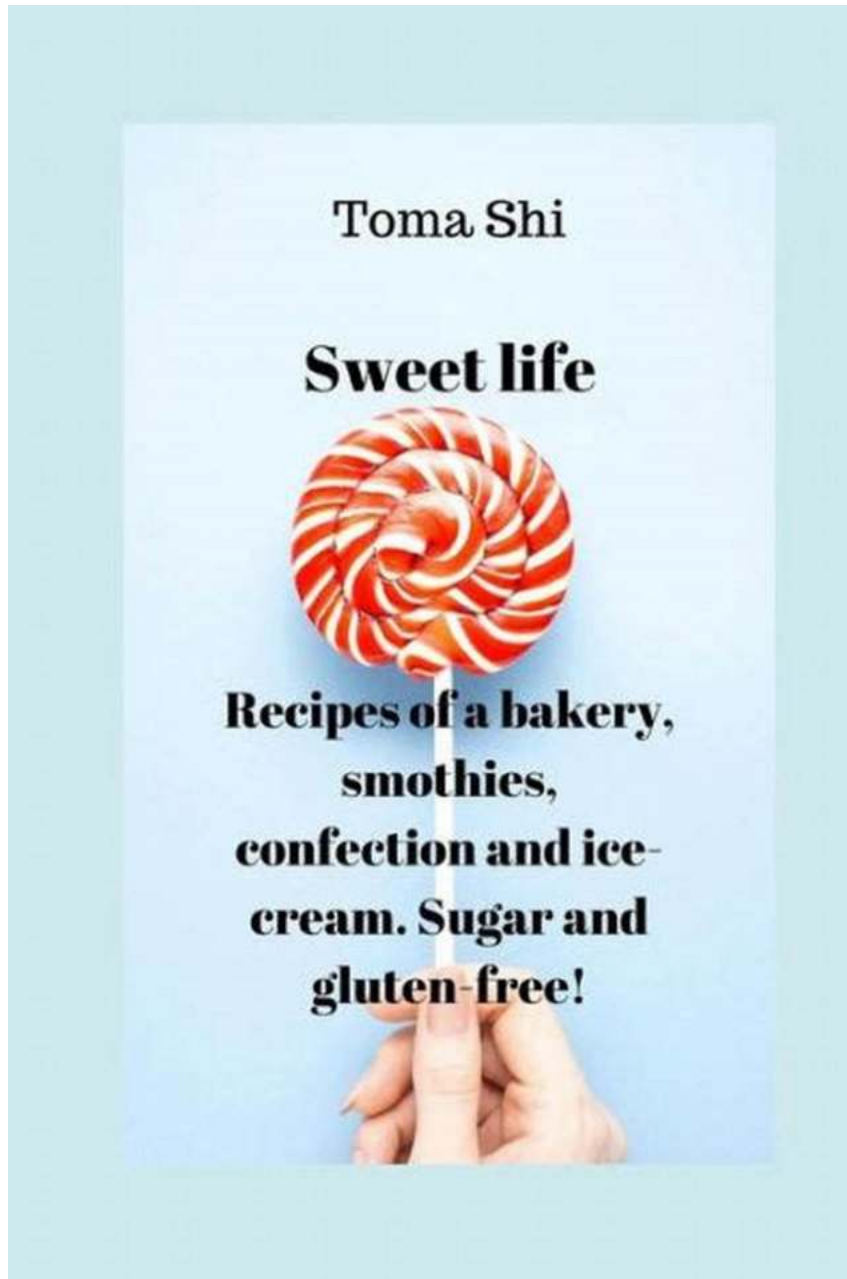


The Ultimate Guide to Sweet Life Recipes of Bakery Smoothies, Confection and Ice Cream - Sugar and Gluten Free!

Are you a dessert lover who craves sweet treats but wants to minimize the intake of sugar and gluten? Look no further, as we bring you a collection of delectable recipes that will satisfy your cravings without compromising on taste or health.

Indulge in Bakery Smoothies

Who says you can't enjoy mouthwatering baked goods in liquid form? Introducing our irresistible bakery smoothies that combine the best of both worlds. These luscious concoctions bring out the essence of your favorite bakery treats while providing you with a refreshing and nutritious beverage option.



Sweet life. Recipes of a bakery, smoothies, confection and ice-cream. Sugar and gluten-free!

by Toma Shi (Kindle Edition)

★★★★★ 5 out of 5

Language : English

File size : 8400 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

Word Wise : Enabled
Print length : 152 pages
Lending : Enabled



Our bakery smoothies incorporate a wide range of flavors, from classic chocolate chip cookies to fluffy donuts and everything in between. Indulge in the velvety texture and heavenly taste as these sweet delights glide smoothly down your throat. Say goodbye to those empty calories and hello to a guilt-free indulgence.

[Click here for our popular bakery smoothie recipes!](#)

Satisfy your Sweet Tooth with Confections

If you have a weakness for childhood candies and colorful confections, we have the perfect selection of sugar and gluten-free treats for you. These delightful confections will transport you back to carefree days of innocence and joy.



From chewy gummy bears to creamy caramel chews, our confection recipes replicate the flavors and textures of your favorite childhood sweets. Indulge in guilt-free snacking as you relish the enticing combinations of fruity, sour, and tangy confections that will surely satisfy your cravings.

[Click here to explore our collection of sugar and gluten-free confection recipes!](#)

Cool Off with Refreshing Ice Cream

When the weather gets hot, nothing beats the delightful taste of ice cream. But what if we told you that you can enjoy ice cream that is not only sugar and gluten-free but also incredibly delicious?



Our ice cream recipes will take you on a sweet journey, exploring a wide range of flavors, from classic vanilla and rich chocolate to exotic fruit blends. Delight in the smooth, creamy texture that melts in your mouth, leaving you wanting more.

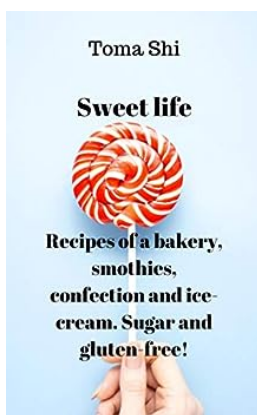
Whether it's the indulgence of a single scoop or the excitement of creating extravagant sundaes, our ice cream recipes will satisfy your frozen dessert desires without any guilt or unwanted dietary restrictions.

Click here to discover our sugar and gluten-free ice cream recipes!

Embrace the Sweet Life with our Sugar and Gluten-Free Delights

With our collection of bakery smoothies, confections, and ice cream recipes, you can embrace a sweet life without the negative impact of excessive sugar and gluten. These delightful treats allow you to fulfill your dessert cravings while maintaining a healthy lifestyle.

So why wait? Step into the world of guilt-free indulgence today and unlock a treasure trove of delicious recipes that will make every day a celebration of sweetness!



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With this bundle your life will become very sweet and tasty! All recipes are plant-based, without sugar and some of them are gluten-free. It consists of 4 books:

1. 10 ideas of an amazingly tasty breakfast: Gluten and sugar-free recipes for the healthy family

To start your day in a good way you need no stress, a wonderful mood and... a healthy breakfast!

Recipes in this book will show you how easy and tasty healthy food can be. Plant-based recipes will be the best variant for vegan and raw-foodies but if you are not one of them - don't miss the chance to try!

Nutritious and full of flavors, they will delight your taste and make a beautiful start to your day. Open the new tastes for yourself! Just buy - and start a new way to your healthy life.

2. 5-minutes bakery. Gluten-free vegan recipes of easy and delicious cakes, cookies and bread

Recipes that will win your heart!

Gluten-free, purely plant-based, with little or no sugar - baked goods that will delight the whole family.

This book collected recipes of vegan gluten-free muffins, cookies and bread.

Minimum calories, maximum benefit and taste. Try and you will want more - it's impossible to stop!

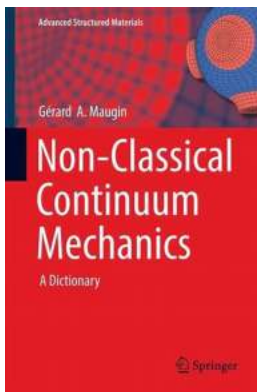
3. Smoothie Style. Tasty drinks for detox and weight loss

Smoothies are a great food for breakfast, snack or light dessert. It is liked not only by adults, but also by children, and due to its beneficial properties, saturates the body with nutrients, vitamins and minerals.

This book is a collection of drink recipes for cleansing and maintaining a healthy body environment. Thanks to these delicious recipes, you will not only enjoy food but also cleanse the intestines, which will entail healthy skin and hair, increase immunity and raise the general condition of the body. And this is the guarantee of a good mood, a beautiful body and good health!

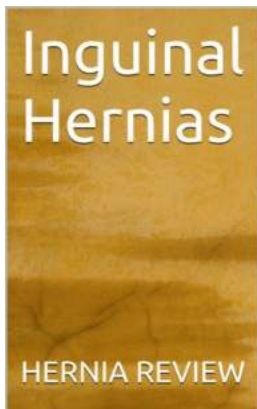
4. 10 amazing ice-creams without sugar and dairy products

If you are a real ice-cream lover, that cannot live a day without it, but you are afraid of many calories and fat - this book will be a blessing for you! Low fat, gluten and sugar-free recipes made from raw ingredients will be the best way to save your body and health. Some of the recipes are very simple and you can make them every day, some need more time - but the efforts are worth it! Flavors of these ice-creams can be unusual and at the same time very tasty. It's hard to believe they are made without any refined products. Healthy food can be very tasty and simple. Just try and you can't stop anymore)



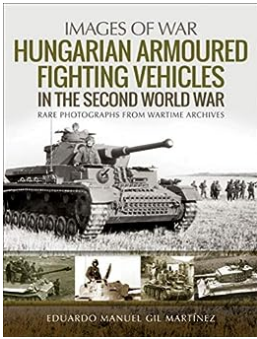
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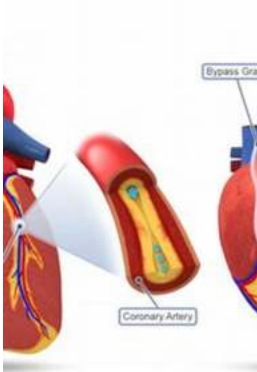
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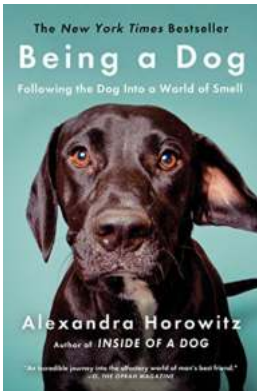
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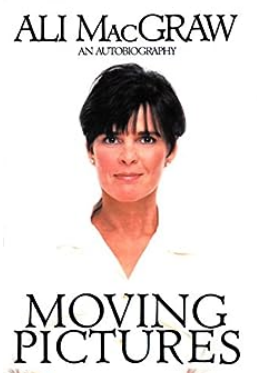
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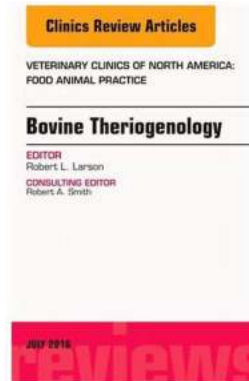
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