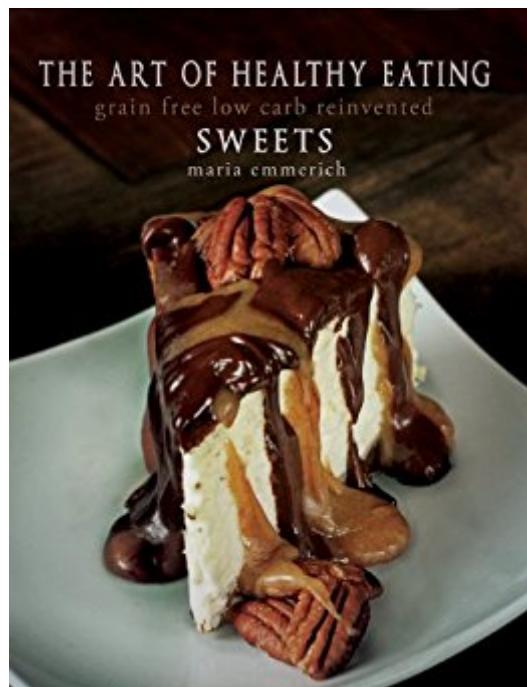


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# The Art Of Healthy Eating - Sweets: Grain Free Low Carb Reinvented



## **Synopsis**

Choosing a healthy lifestyle doesn't have to mean a lifetime of deprivation. This book is filled with decadent desserts and baked goods that show how eating healthy can be an expression of art. The color photos are truly art. Throughout the book there are tips on why each of the substituted ingredients are healthy and what they do to our metabolism. Included are recipes for your favorite comfort foods like chocolate cake, blondie brownies, chocolate chip cookies, and many, many more, along with some valuable tips and facts to help one along the journey of learning how to eat as an art.

## **Book Information**

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## **Customer Reviews**

I just got my cookbooks and they are beautiful! Very nice layout and tons of info on ingredients. I'm almost emotional! I've tried several of Maria's recipes from her blog and my family has enjoyed everything. I'm on a mission to get us wheat and sugar free and with Maria's help and materials I feel empowered. I read her book Secrets to a Healthy Metabolism and ordered two of her

cookbooks. I hope to have the whole library someday!! Sooooo happy! Thank you, Maria!!

For someone newly diagnosed with diabetes and a life long sweet tooth, going on a low carb diet to avoid having to take insulin was a nightmare. With little to no guidance from my physician, I started searching online for low carb recipes that I could actually eat. I stumbled onto Maria's website, and have been an avid fan every since. She makes a healthier version of almost every food you can imagine, and is always posting more. There are some tips and tricks to low carb cooking, but as you read through Maria's cookbooks she tells you how to make it work. If you have a rapid sweet tooth like me, this is the cookbook for you!

I love all of Maria's books and I am a huge fan. I use all of Maria's cookbooks and would highly recommend all of them. This book is probably my kids favorite though. I use it almost daily in my house! Because these treats are so healthy I make one almost every night for dessert. My 4 kids love taking turns picking out the treat and they love helping me make it as well. We have almost completely eliminated sugar from our diet and we have never felt better. I don't even remember that last time one of us got sick. This book has really helped my kids to embrace the healthy way of eating. Last night we went to a family party and I allowed my children to have the sugar and starch filled birthday cake. After the party all of my kids felt horrible from all of the sugar! One of my kids said, "Mom, your cake is so much better than Grandma's." My cake (Maria's cake) has no sugar and no starch and my kids now prefer it. They also love all of her candy bars (snickers, twix, whatchamacallit), the cookies, cinnamon rolls, etc. In fact, we have tried almost every recipe and we have loved them all. Thank you Maria!

I'm new to exploring low-carb, grain free way of eating, and this cookbook not only explains the "why" behind eating this way, it makes a lot of sense and also has really good recipes. I have a terrible sweet tooth but am trying to eat sugar-free these days to become healthier, so... this is my new favorite SWEETS cookbook. And yes, I made the turtle cheesecake shown on the cover, and it got rave reviews all around!

I LOVE the recipes and they taste great. Expensive ingredients- especially if using strictly her recommendations. I had the book for a week and tried two recipes and paged through it about 4 times and the pages are falling out because the binding is already coming loose. Concerned for the price, this is not going to be one I can share in fear pages will go missing and really bummed about

that. Quality of the binding and pages is poor, and that is the only reason I gave it 4/5.

Love Maria Emmerich's recipes!! One of the best!

The book fell apart at the spine. Should have written to the author and asked for a replacement. I'm sure she would have done so. The recipes are pretty good. I've been on a keto regimen for seven years, and sometimes I just long for a sweet. But my caveat is that after eating artificial sweets, I often start lusting after the real thing. Sigh . . .

I gave this cookbook 4 stars because as a newbie to this type of nutrition there were some things that Maria says that I didn't quite understand. I'm sure however that all will be explained more fully when I read up more about Maria and her reasons for her nutrition lifestyle. I was very fascinated with what she writes and she seems very knowledgeable about her subject. I will definitely get more of her books and read her blog. I really want to change my bad habits as far as nutrition is concerned for health reasons. I would definitely recommend this book to my friends and family. Maria makes a lot of sense!

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