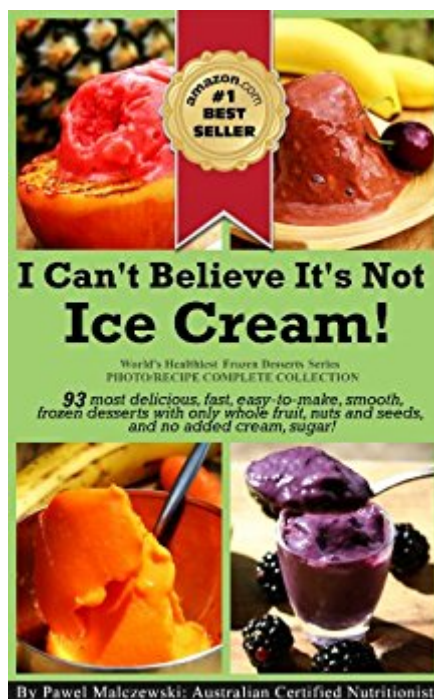


The book was found

I Can't Believe It's Not Ice Cream!: 93 Most Delicious, Fast, Easy-to-make, Smooth, Frozen Desserts With Whole Fruit, Nuts And Seeds, And No Added Cream ... Healthiest Frozen Desserts Series Book 1)



Synopsis

This is the healthiest ice-cream recipe book that you will ever find! It takes only 20 seconds to blend the ingredients into a perfect, silky, smooth, sweet and very healthy dessert. The recipes in this book have been designed to be EXTREMELY QUICK and EASY to prepare from easily found ingredients. There are no complicated decorations or arrangements, just a method that will allow you to make the dessert quicker than reaching for some junk food from the cupboard. The only thing you will need is a powerful blender to turn frozen fruit and ice to creamy, silky, sweet and mouth-watering desserts that have no added sugar, animal fat or any other unhealthy additives. The author (Australian Certified Nutritionist) Pawel Malczewski has combined amazing flavors using only natural ingredients. This makes these recipes the healthiest and the most delicious ice-cream recipes you will ever enjoy. If you change some of those unhealthy snacks and desserts to snacks and desserts that may actually help you to live longer, to be healthier and to have more stamina, while obtaining important nutrients, phyto-nutrients and antioxidants it would be a real health bonus to you. Using just a few simple ingredients, you can change what you snack on to something that offers you a major health benefit and may help you to lose weight and feel better in the long term. Healthy frozen desserts will change the way you look at desserts. *Each recipe has a mouth-watering photo* Written by Pawel Malczewski, a certified nutritionist *Easy to follow recipes with easy to find ingredients and with a list of substitutes* Anybody with a sweet tooth will love it *Great for kids* Perfect for weight loss and transition to healthy eating habits *Numerous ice-cream making tips* Information on contraindications for the use of some fruits and veggies *Information on the best and most powerful blenders

Book Information

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Customer Reviews

My wife and I recently relocated to Ecuador. One of THE greatest things about living in South America is the virtual unlimited access to fresh fruit of all varieties and tastes and colors. Healthy living and South America are synonymous. An abundance of fresh fruit makes it SOOOO easy to eat right that this book of recipes could NOT be more useful. From smoothies for breakfast to sweet desserts for dinner the entire gamut is covered and covered in a healthy and tasty way. I could not recommend this book more highly. As a side note I downloaded this volume on my Kindle and it is extremely to use in that format.

Looked far fetched. - but the first one I tried turned out just like the picture - except mine tasted much better! (I was tired of licking my iPad screen)Try it.

The Vitamix is not just a smoothie maker, it also makes ice cream. If you own any high tech high speed blender, you should make the best use of it. Pawel provides many unique and delicious ice cream recipes with beautiful photos of each one. You also get vegan, gluten free recipes that will please every family member. With the 'I can't believe it's ICE CREAM' book, your family will reap the rewards with each recipe. I have tried six of the recipes and each has the right combination of ingredients that you have in fridge or can find in local grocery store....just fruits, nuts maybe yogurt. With this book YOUR on the highway to a healthy dessert.

I have made over a dozen of the recipes in this book and not one has disappointed me. Family favorite is mango blueberry cashew nut. I do think that the blender used makes a big difference and this is highlighted in the book. You need a powerful blender like a blendtec or vitamix. I use the blendtec with the twister jar.

Great recipes! A lot of healthy combinations and some really good ideas I hadn't thought of before. The information at the beginning of the book was very detailed about the how to's and what to do...which while I wanted to jump into the recipes was educational about how to get the best frozen dessert you can. I would recommend this book to anyone who is into healthier eating, has special dietary needs or just wants a new a different dessert to brighten your hot summer day! There's something for everyone in this delicious book!

Yum! To my health!

This book was a quick read that gave easy to follow instructions on preparing ice creams. It gave me also all what I needed; plenty of background know how to and some trully inspiring recipes. Highly recommended!

Many of these recipes look simple, easy, and very healthy. I plan to try some of these out.

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