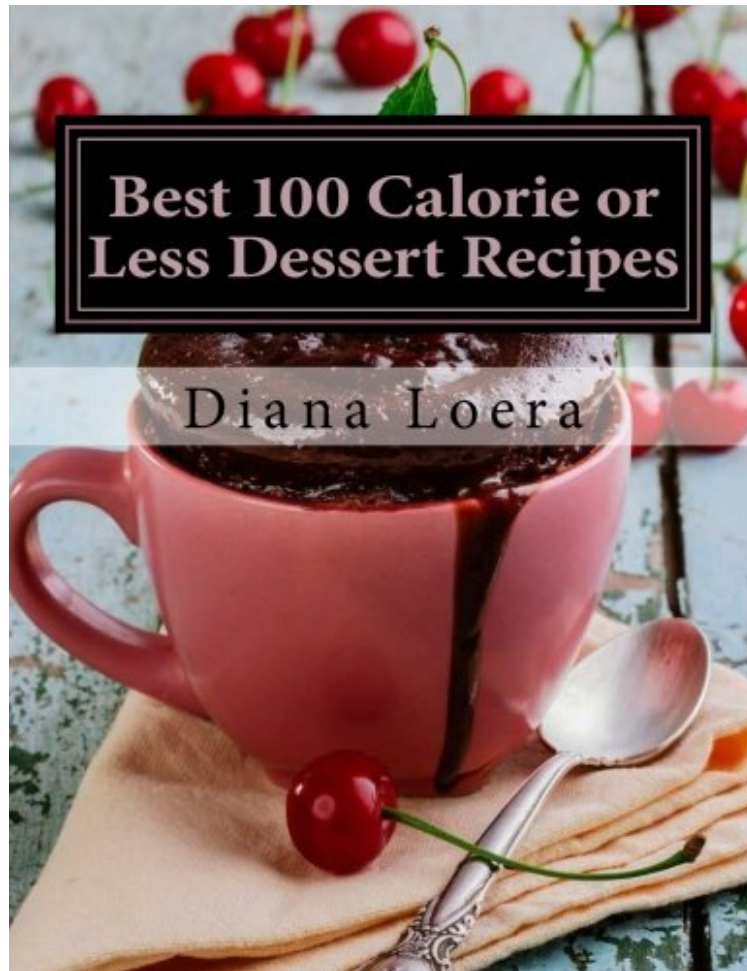


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Best 100 Calorie or Less Dessert Recipes: Mug Cakes, Brownies, Muffins, Bars, Cookies, Smoothies and More

Diana Loera

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Diana Loera : Best 100 Calorie or Less Dessert Recipes: Mug Cakes, Brownies, Muffins, Bars, Cookies, Smoothies and More before purchasing it in order to gage whether or not it would be worth my time, and all praised Best 100 Calorie or Less Dessert Recipes: Mug Cakes, Brownies, Muffins, Bars, Cookies, Smoothies and More:

0 of 0 people found the following review helpful. Mug recipesBy suzanne greenawayThese recipes are good.

Impress your friends, co-workers, family and yourself with these excellent dessert recipes. No one will believe that they are eating a 100 calorie - or less- dessert. From easy as 1-2-3 to a bit more complex. From chocolate to fruit. From smoothies to cookies to brownies and more - these recipes are sure to be ones that you'll enjoy making again and

again. The nice thing is - you can serve these decadent desserts and not reveal your 100 calorie secret. This is a great way to meet your weight loss goals in 2015 yet feel like you've indulged. Your co-workers will wonder how you are losing weight yet eating brownies and cakes at work. Don't worry, your secret will be safe with me but I am betting people will ask what your weight loss secret is. I had a lot of fun finding and tasting an assortment of 100 calorie or less dessert recipes - the ones in this book were my top favorites.

About the Author Diana Loera is the author of numerous books including *Summertime Sangria Best Copycat Recipes on the Planet Party Time Chicken Wing Recipes Awesome Thanksgiving Leftovers Revive Guide Best Venison Recipes Meet Me at the County Fair*; *Fair Food Recipes What is the Paleo Diet Paleo Diet Recipe Sampler 12 Extra Special Summer Dessert Fondue Recipes 14 Extra Special Winter Holidays Fondue Recipes USA Based Wholesale Directory 2014 Fast Start Guide to Flea Market Selling I601A*; *Our Journey to Ciudad Juarez Stop Hot Flashes Now* Diana lives with her husband, dog and a few cats in a rambling 1890 Victorian home in the Midwest. She enjoys researching, writing, reading, gardening, cooking and traveling.