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Naughty Or Nice Cookbook: The Ultimate Healthy Dessert Cookbook

Jessica Stier

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Naughty Or Nice is a collection of 70 healthy dessert recipes made with high-quality, all-natural, wholesome ingredients -- from cookies to cakes to pies to ice creams and more! These sweet treats are *secretly* healthy, though... one bite and you'll be asking, "Is this naughty or is this nice?"

With **gluten-free, nut-free, soy-free, dairy-free and vegan** options, the recipes in this cookbook are suitable for everyone. Don't worry, though, these recipes may be "free" of some stuff but they sure aren't "free" of flavor.

Every recipe in this cookbook is **all-natural** (no artificial sweeteners, no synthetic food dyes, no artificial food flavorings, no hydrogenated oils and no preservatives whatsoever... and that's including the Red Velvet Cake, pg. 94-95). That list right there is unheard of when it comes to store-bought and bakery-bought desserts.

Each recipe in this cookbook also includes a nutrition label so you can see how many calories, grams of fat, carbs, protein, etc. are in each serving. There are options for everyone, no matter their nutritional preferences: **sugar-free/refined sugar-free, cholesterol-free, low-calorie, low-sodium, high-fiber and high-protein**.

If you have a sweet tooth, then this cookbook was MADE for you. **Naughty Or Nice** is packed with nutritionally balanced dessert recipes to satisfy your sweet tooth without the excess calories, fat, and sugar.

Sinful or Sinless?

Unhealthy or Healthy?

Naughty or Nice?

With these *secretly* healthy dessert recipes, you won’t be able to tell!

These recipes look sinful, but they're sinless. They taste completely unhealthy, but they're healthy. They make you feel naughty, when you're really being nice! These recipes are a total godsend for the health-conscious dessert lovers out there (aka, YOU).

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From reader reviews:

Paul Skeens:

Spent a free time and energy to be fun activity to accomplish! A lot of people spent their leisure time with their family, or their friends. Usually they doing activity like watching television, planning to beach, or picnic inside the park. They actually doing ditto every week. Do you feel it? Do you need to something different to fill your current free time/ holiday? Can be reading a book may be option to fill your free time/ holiday. The first thing that you ask may be what kinds of reserve that you should read. If you want to consider look for book, may be the book untitled Naughty Or Nice Cookbook: The Ultimate Healthy Dessert Cookbook can be fine book to read. May be it might be best activity to you.

Carlos Garcia:

Reading can called thoughts hangout, why? Because if you are reading a book specifically book entitled Naughty Or Nice Cookbook: The Ultimate Healthy Dessert Cookbook your brain will drift away trough every dimension, wandering in each aspect that maybe unidentified for but surely will become your mind friends. Imaging every word written in a e-book then become one type conclusion and explanation which maybe you never get ahead of. The Naughty Or Nice Cookbook: The Ultimate Healthy Dessert Cookbook giving you yet another experience more than blown away your brain but also giving you useful information for your better life with this era. So now let us demonstrate the relaxing pattern at this point is your body and mind will be pleased when you are finished studying it, like winning a game. Do you want to try this extraordinary shelling out spare time activity?

Roberta Granger:

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