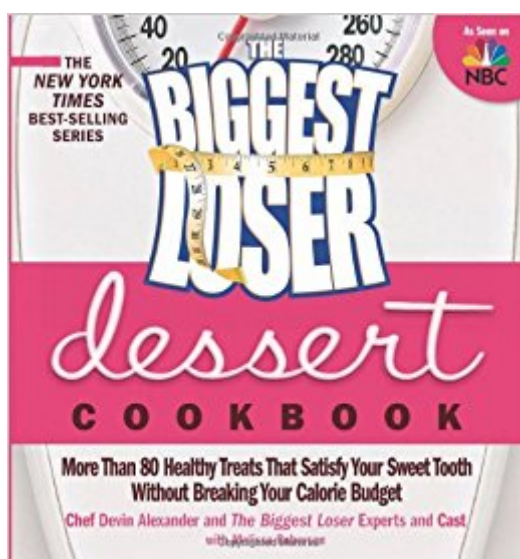


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The Biggest Loser Dessert Cookbook: More Than 80 Healthy Treats That Satisfy Your Sweet Tooth Without Breaking Your Calorie Budget



Synopsis

Each season on *The Biggest Loser*, we watch the contestants sweat their way to a healthier body and a brand new lease on life. But the dramatic changes that unfold on our television screens are only part of the story. To be successful at home, the contestants have to develop strategies and sustainable habits they can maintain for the long haul. And that includes learning how to satisfy sweet cravings and keep deprivation at bay. In *The Biggest Loser Dessert Cookbook*, best-selling author Chef Devin Alexander shows you how to indulge sensibly with more than 80 guilt-free recipes made from wholesome, all-natural ingredients. Rediscover your passion for fruit with desserts like the Naked Apple Tart, Cherry-Vanilla Almond Parfait, and Strawberry Cloud Soufflé. Cool down your cravings with frozen treats such as the Waffle Ice Cream Sandwich, Mango-Peach Key Lime Sorbet Popsicles, and Pumpkin Ice Cream. Share your sweets with a crowd with bake-sale favorites like Fudge Swirl Peanut Butter Cupcakes, Go Blue-Berry Cobbler Mini Loaves, and Pecan Praline Cookie Thins. Sip your way to satisfaction with the Mango Lassi Milkshake, Peach No-Belly Bellini, and Icy Chai Shake. Losing weight is all about making smarter choices not giving up the foods you love. Turn your guilty pleasures into healthy indulgences today!

Book Information

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Average Customer Review: 4.1 out of 5 stars 46 customer reviews

Best Sellers Rank: #546,374 in Books (See Top 100 in Books) #282 in Books > Cookbooks, Food & Wine > Cooking Methods > Budget #293 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Low Fat #1128 in Books > Cookbooks, Food & Wine > Special Diet > Weight Loss

Customer Reviews

New York Times bestselling author Devin Alexander has shared her secrets for unbelievably decadent-tasting healthy foods through frequent appearances on such national TV shows as *The*

TODAY Show, Fox & Friends, Good Morning America, and The View, and has also appeared on Discovery Health, HGTV, USA, Style Network and others. Devin's advice has also appeared in more than 100 magazine articles, including Prevention, Women's Health, Runners World, Shape, USA Today, Parade, Bon Appetit, and Health to name a few. Devin is currently the host of "Healthy Decadence with Devin Alexander" in FitTv. She is the author of The Biggest Loser Cookbook, The Biggest Loser Family Cookbook, Fast Food Fix, The Most Decadent Diet Ever, and I Can't Believe It's Not Fattening.

I kind of wish Biggest Loser would get on the band wagon or Organic / Non Processed / Etc. It seems a lot of these and recipes in their other books have the "semi home made" kind of take, which requires using packaged/processed foods. I don't eat that garbage, so I have to modify recipes. I want cook books from scratch with real ingredients.

I received my book very quickly and in excellent condition. I love the book itself as it has pictures of the recipes and detailed information.

I bought these for a friend and he loves the recipes. I get to enjoy the taste factor. :) Fast service. Thank you.

I couldn't find coconut sugar at the store I shop at and other ingredients. I found the recipes to be impractical and donated the book to the library for its book sale

Have yet to use. The desserts look easy to make

Have enjoyed this cookbook, great recipes that I have shared with several friends and family members, they have all enjoyed special treatment from me when I make new recipes.

Love this book - have 4 of Devin's cookbooks and all are great !!! Tons of recipes.

Quick ideas for food boredom when trying to watch what you eat.

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