

Miss Best^{*}



Loving Life - Loving Desserts

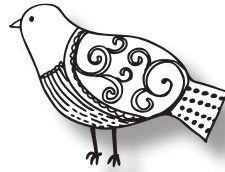
43 delicious, but secretly healthy,
easy-to-make desserts to make you smile



Johanna Best



"One can not think well, love well, or sleep well if
one has not dined well."
Virginia Woolf, 1929



"Leave your drugs in the chemist's pot if you can
cure the patient with food".
Hippocrates, 420 BC

Miss Best Presents

Loving Life - Loving Desserts

43 delicious, but secretly healthy, easy-to-make
desserts to make you smile

Johanna Best
www.miss-best.com

Miss Best 

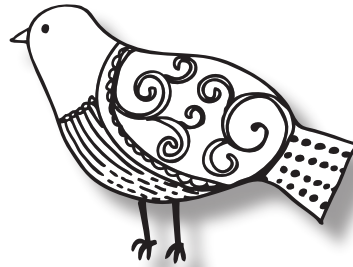
Dedication

To my beautiful family and friends, old and new; and to those of you I have not yet met.

This book is dedicated to you.

I hope these Life-Loving Desserts bring you joy and good health.

Do enjoy them. Every last crumb!





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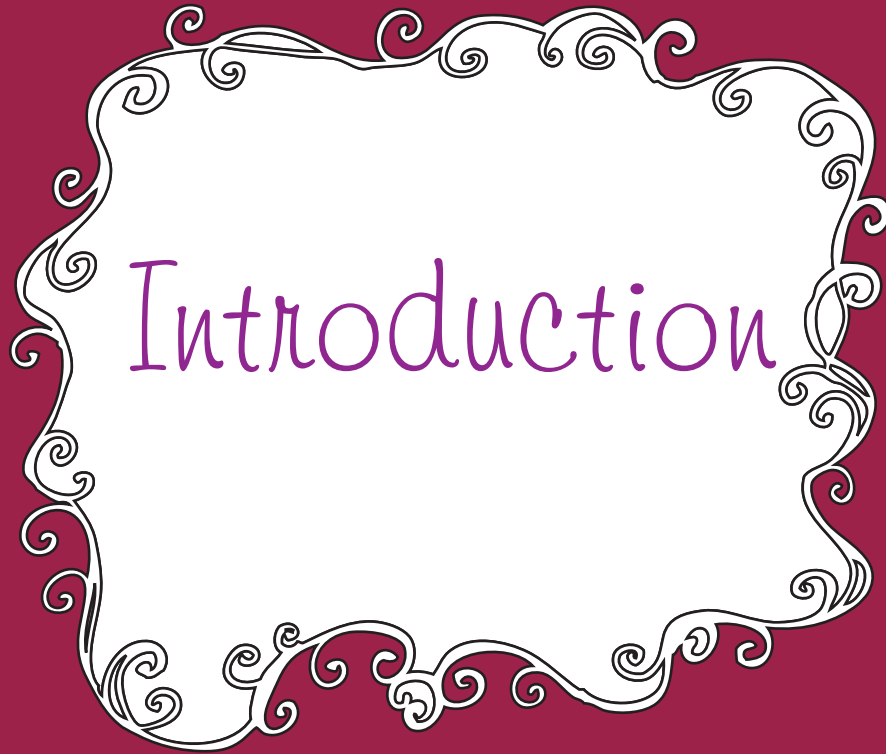
“

He who enjoys good health is rich,
though he knows it not

”

Italian Proverb





Introduction

Loving Life - Loving
Desserts is not just
about loving your
desserts, it's about
desserts loving you!
It's about Life-Loving
Desserts.

I have written this book to inspire and help people to eat delicious, but sneakily healthy, food. Since most people love desserts, I think this is a fun and easy place to start.

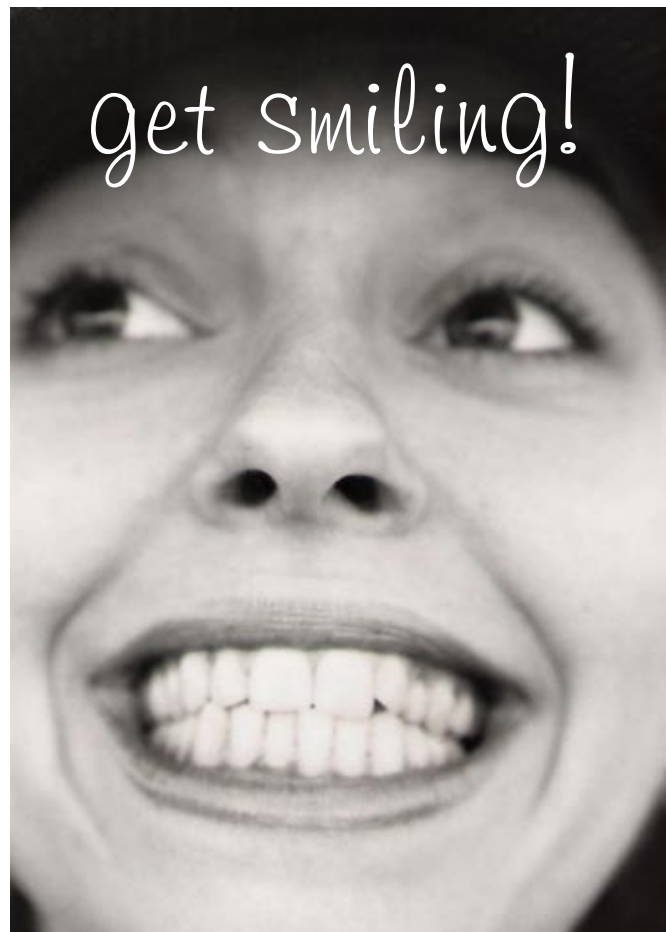
I like to think of these desserts as 100% yummy food that happens to be really healthy. I say 'happens to be' as they are far from boring health food desserts. They are beautiful to look at, and are superbly delicious. The fact that they support good health is a bonus! They are also easy to make, and since they are so nutritious they make great snacks as well as desserts. They are even great for breakfast! What more could you want!?

The recipes I have included in this book are for treats that I love. Treats that I love making for family and friends. Treats that my family and friends love! These recipes have been tested on many people, and someone inevitably asks for the recipe, so I am very

happy to have finally collected some of my favorite recipes together so that people can recreate the dishes that have brought a smile to many a face!

I think that food should make you smile on the inside and out, not just fill you up. I believe that Life-Loving Desserts are treats that are good for your body, mind and soul, as well as your taste buds, so the recipes you will find in this book contain ingredients that not only make a great dessert, but also deliver you goodness in the form of vitamins, minerals, fiber, and healthy fats.

To make these delicious desserts, you will not need refined cane sugar, heart-clogging saturated animal fats, or cholesterol-laden eggs. Instead, you will be enjoying delicious, fresh, Life-Loving ingredients such as fresh, frozen and dried fruit, berries, nuts, seeds, healthy cold-pressed oils, and cacao powder.



Who is this book for?

This book is not just for vegans and raw-food lovers, it is for everybody! Since every recipe is free from dairy products (and therefore lactose), eggs, and gluten (except the waffles!) and many are nut-free, anyone can enjoy these healthful and tasty dishes.

The recipes are all simple to make, and I have been sure to not use specialized ingredients such as raw superfoods* that may be hard to find and afford, and have kept myself to basic kitchen equipment (you don't need a dehydrator to enjoy these treats!) I want these recipes to be accessible to as many people as possible.

We all deserve yummy, healthy food like this!

I particularly hope that those who have not yet adopted the habit of eating delicious food, that also delivers high levels of nutrition to the body, will be inspired to try these recipes. After all, the reason we eat is to nourish the body. Of course we want to be able to enjoy tasty food too, but they are not mutually exclusive. I want each and every one of you to feel fantastic! You really are what you eat – cliché or not – and once you start eating delicious and health giving, Life-Loving food, you will feel the difference. Food should give us life, not a slow and grumpy death!



* if you are able to buy truly raw versions of cocoa powder, coconut oil and agave syrup, it will make for a healthier dessert, but don't worry if you can't!



Cross that packet of cookies made with refined flour and cheap white sugar from your shopping list. Dig out your food processor, and treat your tongue, body and your dessert god/dess soul to some real food!