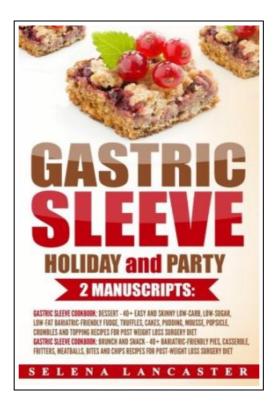
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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Combined. Language: English . Brand New Book ***** Print on Demand *****. Gastric Sleeve: HOLIDAY and PARTY - 2 manuscripts in 1! 80+ Delicious Bariatric-friendly Low-Carb, Low-Sugar, Low-Fat, High Protein dessert, pies and snack recipes for Parties and Gatherings! This book includes 1.) Gastric Sleeve Cookbook: DESSERT - 40+ Easy and skinny low-carb, low-sugar, low-fat bariatric-friendly Fudge, Truffles, Cakes, Pudding, Mousse, Popsicles, Crumbles and Topping Recipes for Post Weight Loss Surgery Diet Thought that you will never be able to enjoy any dessert now that you have gone through a weight loss surgery? Not Necessarily! In this book, Selena will show you how to tweak traditional sugar-loaded dessert into skinny bariatric-friendly version by adopting healthier ingredients. When enjoyed in moderation, your sweet tooth can be satisfied without upsetting your now sensitive gut. In this book, you will find: An overview on sugar consumption after surgery and an introduction to various natural/artificial sweeteners. An at-a-glance nutrition summary table with cooking time to help you choose which dish to cook.40+ low-carb, low-sugar, low-fat bariatric-friendly Fudge, Truffles, Cakes, Pudding, Mousse, Popsicles, Crumbles and Topping Recipes completed with serving information and nutritional information. All recipes in this book are bariatric-friendly with under 15g carbs, 5g sugar and 5g fat per serving. Examples include Easy Brownies, Almond and Apricot square, Snickerdoodle Mug Cake, Chocolate Mint Cream Cheese Bites, Spooky Pumpkin Pie Pudding, Chai Ice Cream, Apple and Berry Crumble, Cheesy Almond Dip and so much more!Comprehensive details regarding preparation time, cooking time, ingredients, direction, serving information, nutritional content, and possible alteration options for your meal-planning. 2.) Gastric Sleeve Cookbook: BUNCH and SNACK - 40+ Bariatric-Friendly Pies, Casserole, Fritters, Meatballs, Bites and Chips Recipes f

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