



Why It's Perfectly Acceptable to Eat Dessert for Breakfast

Nicole Joy

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Nicole Joy had always had a sweet tooth. But over time, her culinary indulgences got the better of her, compromising her relationship with herself and her body. Then, with guidance from a personal friend and yoga teacher, Nicole started learning to listen to what her body and soul needed. She embraced the world of natural ingredients and discovered the wholesome goodness of desserts made without any of the traditional nasties - mouthwatering desserts that were guilt-free! Now, Nicole relates her inspiring story in a charming way, sharing her simple and delicious recipes- all easily made with just a food processor and a blender! Sweetened with inspirational quotes, and exquisite photography, Why it's perfectly acceptable to eat dessert for breakfast includes: · 40 gluten-, dairy- and refined sugar-free recipes · Tips and tricks to ensure your guilt-free desserts are a success · Kid-friendly treats You need not ever feel guilty for eating dessert again!

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