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Clean Sweets: Simple, High-Protein Desserts for One by Arman Liew. 3.71 · Rating details · 56 ratings · 12 reviews Giving up dessert is no fun, so health-savvy folks have long tried to find ways to satisfy a sweet tooth. But so many Paleo-style desserts are complicated, with long lists of hard-to-find ingredients.

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Here are some of my favorites from the book- Breakfast Blender Doughnuts for ONE (P.34). Deconstructed S'mores French Toast for ONE (P.42). Frosted Cinnamon Roll Bake for ONE (P.62). Strawberry Shortcake for ONE (P.74). Deep Dish Skillet Brownie for ONE (P.86). Mini Confetti Cookies for ONE ...

COOKBOOK - The Big Man's World
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Overview Protein Peanut Butter Cups Dark Chocolate and Salted Caramel Waffles Molten Lava Cake White Chocolate Raspberry Bars

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Protein Peanut Butter Cups Dark Chocolate and Salted Caramel Waffles Molten Lava Cake White Chocolate Raspberry Bars There's no tapioca flour, coconut nectar, or xanthan gum to be found here. Make something sweet the moment the craving hits, from foods that are already in the cabinet.

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