

chocolate- covered katie

over 80 delicious
recipes that are
secretly GOOD for you

"Katie makes wonderful treats
that you can feel great about
serving to your family. Delicious
desserts filled with whole grain
flours, healthy fats, and sinful
flavors to satiate your cravings!"

—AL LASTER, actress and
author of *Kitchen Jewelry*



Katie Higgins

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Chocolate-Covered Katie: Over 80 Delicious Recipes That Are Secretly Good for You



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What if you CAN eat all your beloved desserts . . . When Katie's sugar habit went too much in college and remaining her lacking energy, she understood something had a need to change. but still be healthful and match your skinny jeans? Quickly, Katie's healthy dessert blog page got become an Internet feeling, with over six million monthly visitors. . So she began developing her personal naturally sweet quality recipes and publishing them on-line.Meet Katie: a girl who eats chocolate each day and sometimes even has cake for breakfast!Now, in her 1st cookbook, Katie shares more than 80 never-before-seen dishes, such as for example Chocolate Obsession Cake, Peanut Butter Pudding Pops, and Best Unbaked Brownies, that only use real ingredients, without the unnecessary fat, sugars, or empty calories. These desserts prove forever that health and pleasure can go hand-in-hand-you can have your dessert and consume it, too!



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Healthy desserts that need tweaking I have only made 1 recipe in this publication. It was the mudslide with the avocado. I did so just like the thickness of it. I would put strawberries or additional fruit in it the next time and even more Agave Syrup. Today I made the mints on the front of the book. I adopted this recipe to the 't', and it did not come out. The Coconut milk ice cream is certainly amazing! Will need to upgrade once I try even more recipes. got it home and made a few things and they of course all came out AMAZING! It had been so thin. I did get 18 cookies out of with a lot of work. The icing was heavy. So, I'm giving the reserve 3 celebrities until or unless my encounters with further dishes are better, as the book is alright. I just smeared the icing onto it. It isn't the same. And, it is not that sweet.. I made these for business which is not here as I write this review. Her blog has single serve recipes too that are great since I am baking for 1 usually and also like to microwave mug cakes and make single serve pancakes on the stovetop. Plus they're easy to follow and she contains all kinds of substitutes in the event that you don't need to jump on the "full-out healthful bandwagon" at this time. I just read an assessment that person, like me, cooks a whole lot and these dishes definitely need tweaking to create them right. I assume I will need to practice until I have made my very own recipe reserve out of Katie's book because hers just don't appear right so far. I do not recommend it. Katie, your dessert recipes are by far and wide my favorite. We occurred upon a Whole Foods plant structured diet plan by necessity, but however, an Omni eater could not know the difference together with your recipes. They are OUTSTANDING overall spectrum of what "delicious" completely entails. Delicious recipes that are healthier. Few vegan cookbooks are child friendly, but we all seriously can't put yours down! I've spent my adult lifestyle baking for myself and my family with only moderate effective amping up healthful substitutes while ramping down the calories, sugar and fat in my old dessert dishes. OH. MY. FREAKING. Dark bean brownies certainly are a staple in my own home. Yes. Just, yes. My hubby is a lover of Red Velvet Fudge Pie. We will continue steadily to glamorize your quality recipes via IG and tags therefore people understand how awesome you, as well as your creative flair, are!), so at least I was warned.! I have made many of her recipes on her behalf blog before this publication came out and We pre ordered this.. It is supposed to make 24 cookies. I have tried at least 10 recipes and they are fantastic, delicious, scrumptious!! Like "Total Fats 8!!! The berry crumble desert I acquired to toss out, and it could have already been because I utilized frozen, thawed, organic berries. You need to follow her blog in addition to buying this publication. I am just a little upset over this not really turning out just how I imaged it. The doughnuts are rad therefore may be the cookie pie (I did so the no added sugar version that uses dates).com for years, so I had to buy her cookbook. Great Book- Clean Recipes Been reading the blog for quite some time. I've tried numerous muffins, breakfast products and bars. AWESOME! If you haven't tried her recipes before without a doubt They Are Good! LOVE LOVE LOVE her! Sugars GOOD"! My hubby loves her quality recipes and he hates any type of "healthy desserts" (shhh He doesn't always know what he's consuming is healthy). I need to maintain practicing because I love chocolate and eating healthful. It's okay. Cookbook is eye pleasing with photos of quality recipes and user-friendly. It was delicious.! Having said that, I do consider how Personally i think after eating something to be more important than also the taste alone. I've under no circumstances been a enthusiast of tasteless, over processed, fake colored and artificially flavored shop bought desserts. She generally adds nutrition facts too. However, Katie specifically says in the book to use fresh or frozen thawed. Katie, where are you all my life? Disgusting. Regarding the Princess cake, it turned out quite dense, I was extremely unimpressed, and my child did not also want any. I acquired to microwave it to create it runny, but that didn't work. Katie did it for me with superb outcomes! i think there must be more flour in it. Kid-friendly and delicious! This book has so many delicious recipes! Delicious and worth it The very best

healthy recipes for deserts Easy to check out and love all of the different methods to .Thank you for dedicating what We'm sure is normally years and a lot of time to developing your delicious concoctions. I have loved everything I've made so far, with the exception of the Gluten-free chocolate chip pancakes. There is a note in the book about sorghum flour having a very "distinct" flavor (basically, NOT for everyone! got it house and made a couple of things and they of course almost all came out AMAZING! I've had great results following Katie's recipes to a tee I therefore appreciate this cookbook! I have been following Katie's blog for delicious healthy sweets and today it is so convenient to have her dishes so handy in this cookbook. Do yourself a favor and buy this book! We was cautious when I purchased this but shame on me!!!! I loved it so much I gifted my (grown) twin young ladies with this and they call me and thank me once weekly 'cause they attempted a recipe and fell in love yet again. Katie is question woman!!! However, I recommend consume 1 piece only, because something about the meals combination with coffee beans and the oats and chocolate, etc, is not easily digestible. I've learned to follow the recipe instructions exactly (don't make an effort to make the Elvis peanut butter pancakes larger than silver-dollar size! I as well am a dessert gal! I baked the Princess Pink cake for my 3 yr previous since he asked for a strawberry cake, and I have also baked the berry oatmeal dessert. Today, my children made your cake pops! Now I don't have to! I'm dropping my incentive and desire to wish to try more recipes from this book, because I've tried 3 plus they haven't precisely knocked my socks off. We've been a fan of her internet site chocolatecovderedkatie. Every one of them have been delicious! I've had great outcomes following Katie's dishes to a tee. Can't wait to try more! PS My kids ranked the Cappuccino Chocolate Chip Mini muffins an A+! The DEEPDISH Cookie Pie as well! My kids especially like the Chocolate Mudslide, Cinnamon Raisin Granola, Carrot Raisin Cookie Bites, and all the donuts.. Like having tasty desserts that aren't loaded with too many substances. I purchased your book for one of my child's birthdays because she's become quite the vegan-cooking food aficianado. Easy to check out and love all the different ways to modify for glucose free if needed. The recipe calls for 1/4 cup of spelt flour.! GOSH! The chocolate obsession cake is normally amazing.. Looking towards the next book! Highly recommended Great healthy recipes. Full of guidelines, substitutes, and vey educational. I learned a whole lot on the not only the recipes but also the elements and how they differ and there purpose. Katie's cookbook is delightful. Recommend Katie's cookbook is delightful. Recommend Healthy chocolate desserts!) Many thanks, Katie, for an excellent cookbook and for your amazing blog! Quality recipes are delicious and easy to make. The recipe I tried which influenced me to get this book was the deep cookie pie from the blog and also contained in Katie's cookbook. You won't be disappointed.



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