



Healthy Protein Desserts: Quick and Easy Protein Powder Recipes

Helen Ferguson

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Most of us connect protein powders with the disgusting stuff you down after a hard workout, but did you know that with a few tweaks you can actually make the most delicious desserts with this powerful ingredient? Not only will these recipes satisfy your sweet cravings but they will also keep you fuller longer and supply you with healthy amino acids. Here Is A Preview Of What You'll Learn... - A Bunch of Delicious and Healthy Protein Dessert Recipes - Which Protein Powder To Pick To Suit Your Needs - Why You Should Stay Clear of Sugary Desserts - What The Difference Between Soy, Whey, Pea, Egg etc Protein Powders Is - Much, much more! So whether you're trying to slim down or just want to be able to eat dessert every day, this book is for you Grab your copy of "Healthy Protein Desserts" and get started making delicious and healthy desserts today!

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