



The Virtuous Tart: Sinful but Saintly Recipes for Sweets, Treats and Snacks

Susan Jane White

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Now you can have your cake and eat it too.

Susan Jane White eats something sweet every day. Many of us do. But the difference is most of us don't get the same health kick from our indulgences as Susan Jane does. That's because all of Susan Jane's sweets, treats, drinks and snacks are packed with nutritional hits that love your body, boost your brain and make you feel and look great. It's no wonder they are her most requested recipes.

With this book you'll learn that wholesome food need never tax your taste buds. You'll discover new ingredients that not only taste better, but treat your body better too. Imagine a nutritional slam-dunk while snacking on a slice of tiffin! Picture your taste buds raving to the tune of coconut torte! Visualise your toes breakdancing with every crunch of a teff cookie!

The Virtuous Tart will nurse your sweet tooth and service your body like a first-rate Formula 1 pit stop, and you'll have the energy levels and body to prove it.

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