



# It's a Pleasure: Healthy Sweet Treats

*Virpi Mikkonen*

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## **It's a Pleasure: Healthy Sweet Treats** Virpi Mikkonen

A delightful cookbook of decadent sweets and homemade treats that taste great, look beautiful, and have good health in mind. This enticing collection features easy recipes, made from high-quality, nutritious ingredients, for fabulous desserts that are gluten-free, dairy-free, and refined-sugar-free. With this inspiring book, award-winning Finnish author Virpi Mikkonen shows how easy it is to make sweet treats a truly enjoyable—and guilt-free—pleasure

*It's a Pleasure: Healthy Sweet Treats without Gluten or Sugar* is a gorgeous guide to making delicious and wholesome desserts at home without sacrificing flavor. Featuring candies, cakes, pies, and more, the appealing recipes—such as gingerbread chocolate, cookie ice cream with salty peanuts, and cardamom-vanilla donuts—offer great-tasting, guilt-free pleasure and are suited for entertaining, gift giving, or everyday snacking.

Find inspiration for chocolate and candies, cakes and pies, ice creams and sorbets, jams, frostings and more!

Recipes include: sea salt toffee bites; vanilla stars with chocolate hearts; frosty banana cake; blueberry cream cake; mango-melon sorbet cake; tiramisu ice cream cake; fig fudge; and licorice truffles.



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