

Diet-Friendly Custard, Cake, and Pudding One-Mug Recipes



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Author: **Elena Chambers**

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When it comes to keeping calories low, serving sizes small and carbohydrates limited, dessert is generally off the table. Fortunately, with the invention one mug desserts, it is now possible to satisfy that sweet tooth without sacrificing your dietary limitations. 'Diet Friendly Custard, Pudding and Cake Mug Recipes' focuses on providing more than thirty recipes to satisfy your need for sugar while keeping your portions under control. This wide variety of recipes offer a range of delicious dessert flavors in quickly baked microwave mug recipes! Whether you are looking to cut down your portion sizes by avoiding baking a full cake, or whether you are looking to just quickly satisfy your sweet tooth, you can find what you need in these recipes! Forget the books that contain tons of recipes with small variations, every recipe in this book is different and covers a whole spectrum of delicious sweet flavors. Inside you will find plenty of great one mug recipes that incorporate low carbohydrate counts, low calorie counts and small serving sizes including: • 4 Ingredient Chocolate Mousse • One Mug Bread Pudding • One Mug

Cheesecake • One Mug Crème Brûlée • One Cup Microwave Egg Custard After getting started cooking these recipes in your microwave, you won't find yourself without dessert again! Don't Delay, Download This Book Today! Diet-Friendly Custard, Cake, and Pudding One-Mug Recipes: Quick, Easy and Guilt-Free Recipes for your Microwave (Microwave ... Read Diet-Friendly Custard, Cake, and Pudding One-Mug Recipes: Quick, Easy and Guilt-Free Recipes for your Microwave by Elena Chambers by ... Buy the Kobo ebook Book Diet-Friendly Custard, Cake, and Pudding One-Mug Recipes by Elena Chambers at Indigo.ca, Canada's largest bookstore.

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