



**21 DAY FIX: 30 Top 21 Day Fix SNACKS,
TREATS & DESSERTS RECIPES with complete
container count (21 DAY FIX, 21 DAY FIX
RECIPES, 21 DAY FIX COOKBOOK)**

Michelle Wilson

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Welcome to this 21 Day Fix recipe book containing 30 DELICIOUS SNACKS, TREATS & DESSERTS created with only 21 Day Fix Approved ingredients and prepared in 15 minutes or less!.

All these delicious snacks, treats & desserts come with a **Full Container Count Per Serve** to enable you to effortlessly keep count of your container consumption for the day.

One of the most challenging parts of being on any diet is having to give up the foods that you enjoy most.

The best part about the 21 Day Fix is that **you don't need to give these up!** In moderation, and using approved ingredients, you can continue to enjoy these foods whilst still losing weight and attaining your health and fitness goals.

The most important factor to sustained weight loss and healthy eating habits is being able to stick to your diet, and the most important factor to being able to stick to your diet is being able to enjoy the foods that you eat. This recipe books contains 30 amazingly delicious dessert and treat recipes that will enable you to continue your diet without feeling the slightest bit deprived.

All 30 recipes can be prepared in less than 15 minutes, and are all created with 21 Day Fix Approved 'Whole Food' ingredients. Most importantly, all 30 recipes taste incredible, and will greatly help the 21 Day Fix not just become a fun and joyful experience, but in fact a sustainable way of eating for life.

Here is a Preview of the delicious recipes within...

- Triple Layered Parfait with berry sauce and rich decadent brownie crumble
- Mini Baked Custard Berry Tarts
- Coconut and Lime Italian Panna Cottas
- Easter Hot Cross Buns
- Decadent Triple Layered Strawberry Chocolate "Cheesecake"
- 5 Minute Super Quick Mango and Coconut Sorbet
- Delicious Warm Goopy Pecan Pie

- Layered Mixed Berry Parfait with Greek Yogurt and Crumble
- Creamy Chocolate Orange Raw “Cheesecake”
- Mini Chocolate and coconut Chia puddings
- Yogurt and Coconut Panna Cotta with Wild Mixed Berries
- Mini Blackberry and Apple Pies with Hazelnut and Oat Crumble
- Vanilla Infused Cherry Sorbet
- Thai Banana roasted parcels with creamy yogurt and toasted coconut
- Five-Spice Warm Roasted Apples with toasted almonds
- Raw Pear Stacks Layered with pistachio, ricotta and cinnamon
- Frozen Bananas coated in chocolate and crushed peanuts
- Grilled Pears with Pecan and Cinnamon Drizzle
- Three Layered Mini Strawberry and Mint Quinoa Puddings
- Oven roasted peach halves with crispy crumble filling
- Orange glazed Almond Cake with Raspberries and Pistachios
- Warm Gooey Traditional Apple Crumble
- Blood Orange Coconut Water Jelly Cups
- Coconut and Mango Layered Parfait
- 2 Minute Mixed Berry Whip
- Soft and Chewy Choc Chip Cookies
- Red Velvet Beetroot Cake with Creamy Macadamia nut Icing
- Warm Gooey Chocolate Zucchini Brownies with fresh strawberries
- Mixed Berry Roasted Fig Tart with pecan crust
- Creamy chocolate Fudge Popsicles

Enjoy!

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Andrew Wilson:

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A lot of people always spent their free time to vacation or go to the outside with them family members or their friend. Are you aware? Many a lot of people spent they free time just watching TV, or perhaps playing video games all day long. In order to try to find a new activity here is look different you can read a new book. It is really fun in your case. If you enjoy the book that you simply read you can spent the entire day to reading a guide. The book 21 DAY FIX: 30 Top 21 Day Fix SNACKS, TREATS & DESSERTS RECIPES with complete container count (21 DAY FIX, 21 DAY FIX RECIPES, 21 DAY FIX COOKBOOK) it is quite good to read. There are a lot of people that recommended this book. We were holding enjoying reading this book. When you did not have enough space to develop this book you can buy often the e-book. You can m0ore simply to read this book from your smart phone. The price is not too costly but this book provides high quality.

Crystal Parrish:

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