

Clean Sweets Simple High Protein Desserts For One

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Clean Sweets Simple High Protein

High-protein desserts that taste great, are easy to make, and serve one or two. Giving up dessert is no fun, so health-savvy folks have long tried to find ways to satisfy a sweet tooth. But so many Paleo-style desserts are complicated, with long lists of hard-to-find ingredients.

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10 High-Protein Desserts You Don't Have to Save for a Special Occasion. Written by Alex Lewis and Zach Watson on February 13, 2018. It's easy to think that sweets and protein never mix, ...

High-Protein Dessert Recipes That Taste Amazing

High Protein Green Gummies. This protein dessert proves that you can satisfy your cravings without sugar. Green juice and a low-glycemic sweetener mix with pastured protein, then mold into fun shapes for a kid-friendly treat loaded with micronutrients. Paleo Pumpkin Fudge. Use leftover cans of pumpkin to make this sweet and simple protein dessert.

21 Protein Desserts You'll Want to Make Again and Again

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This quick and easy chia protein pudding is a serious upgrade from the powdered stuff that comes in a box. This protein dessert has the benefits of a superfood and 29 grams of the muscle-building macro on its side. Sounds like a clear winner! Get the recipe: Chocolate Peanut Butter Chia Protein Pudding

Healthy High-Protein Desserts | Shape

Clean Sweets: Simple, High-Protein Desserts for One (Second) 2nd Edition by Arman Liew and Publisher Countryman Press. Save up to 80% by choosing the eTextbook option for ISBN: 9781581574500, 1581574509. The print version of this textbook is ISBN: 9781682683781, 1682683788.

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