



# **No Naughties: Sweet treats without sugar, wheat, gluten and yeast: Revised UK edition**

*Tarja Moles*

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This book contains over 50 mouth-watering recipes from super quick snacks to more elaborate desserts and cakes. You can find breakfast ideas, lunchbox fillers, delicious desserts, sumptuous suppers, afternoon indulgencies, fruity favourites and delightful drinks for every day of the week.

All recipes are suitable for people who need to avoid sugar, wheat, gluten, yeast, soya and peanuts. Many of the recipes are also free from eggs, dairy, casein, lactose, nuts and corn.

In addition to the recipes, you can find information on the ingredients, where to buy them and how to use them successfully.

No Naughties shows that making 'free-from' treats is easy and can be done by anyone. Multiple food intolerances don't have to mean a boring diet. It's perfectly feasible to prepare and enjoy delicious treats - and inject some sweet magic into your life!

Please note:

\* This is a UK edition and therefore all the ingredients used in the recipes may not be available outside the UK.

\* The book uses metric measures (grams and millilitres).

\* The book does not contain illustrations. You can view some recipe photos on [www.nonaughties.com](http://www.nonaughties.com)

Find out more: [www.nonaughties.com](http://www.nonaughties.com)

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