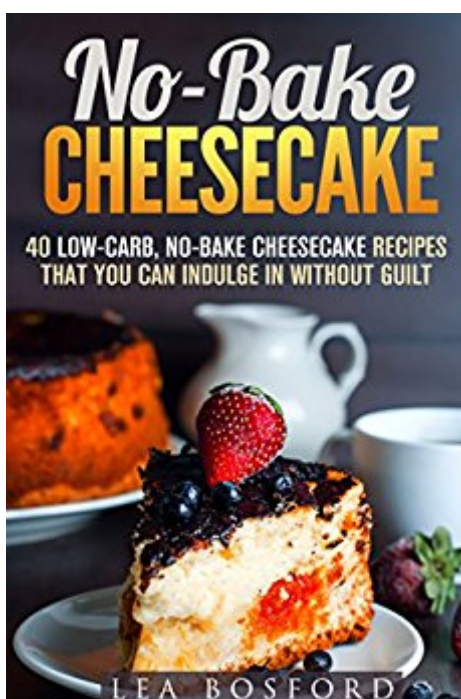


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No-Bake Cheesecake: 40 Low-Carb, No-Bake Cheesecake Recipes That You Can Indulge In Without Guilt (Guilt-Free Desserts)



Synopsis

Dessert is a guilty pleasure for many of us, but we also feel as though we cannot eat the desserts we want, due to fear of all the fat and carbs which, are found within these desserts. However, now with these desserts, you can have your dessert and eat it too! Cheesecake is one of the more decadent desserts out there. However, traditional recipes are going to call for the richest ingredients that add to the calorie and carb count. For those who want to eat their favorite cheesecake recipes, we have compiled together some of the best cheesecake recipes that are going to ensure that you are not feeling guilty for the dessert that you eat. These recipes are going to utilize lower fat ingredients and many have ingredients that you would not think about using for cheesecake. However, the end result is all the same, delicious recipes that you do not have to feel guilty about eating. In fact, many of these recipes are going to be amazing additions to any gathering that you attend for a dose of sweetness without the guilt!

Book Information

File Size: 3111 KB

Print Length: 96 pages

Simultaneous Device Usage: Unlimited

Publication Date: April 28, 2016

Sold by:Â Digital Services LLC

Language: English

ASIN: B01EYSQ4PI

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #375,867 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #122

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Customer Reviews

Great little book, some recipes do need an oven but most don't. Instructions were easy to follow and there are some cooking tips in the first part of the book that were super helpful. Book came in

fantastic condition.

This cookbook is billed as a LOW-CARB, no-bake cookbook - but it only provides the carb info for the first two recipes (and this without any information on serving size). Utterly useless for low-carb recipes

When I saw the following in the introduction "With this being said, no-Bake cheesecakes are some of the easiest recipes to make. And the recipes throughout this book are going to be considered low carb as well, meaning that they are going to be healthier for you than traditional desserts on the market." I said finally something I can use for a weight watcher desert.

Unfortunately no such luck. Total letdown. Now that I have completed my pity-party, I must say the recipes in this book sound delicious and will leave you salivating as you read. A few recipes include calorie and carb information but not all. Instructions seem to indicate the book is not for the beginner cook. The author seems to assume you already know basic procedures so does not give exacting "check list- step by step, detailed instructions. If she did it would have probably used up a lot of the blank spaces on pages. Overall I would recommend this book to anyone who enjoys making easy desserts or just reading cook books. I received a PDF version of this book at no charge in exchange for my honest review.

I love cheese cakes, but the regular recipes need a lot of time and effort to make them. I liked this collection of cheesecake recipes as they sounded a bit healthier due to the addition of low fat ingredients instead of traditional high calorie ones. The instructions were well written and the pictures were great. I liked the No-Bake cheesecakes that used a variety of fruit so that I can mix and match according to season.

Cheesecake is one of my favorite desserts and the one that I try to avoid the most because the traditional recipes call for the ingredients that are rich in calories and carbs. I instantly fell in love with these recipes as they are diet friendly and do not require baking. The recipes were well laid out with mouth watering pictures. Most of the recipes were easy enough to try a new variety everyday. My husband and I have tried Cherry and Pistachio Cheesecake No-Bake and Strawberry Love Cheesecake. The texture was great and they tasted wonderful.

I love cheesecake...so creamy and delicious...and so many variations from which to choose!!!If you

love cheesecake even half so much as I, then this book is for you! It is filled to over-flowing with delectable delicacies for all occasions...from traditionally simple no-bake lemon cheesecake (my go-to recipe because it is so easy to remember...just 1 pkg (8 oz/500g) of cream cheese, a tin of sweetened-condensed milk, 1/3 cup of lemon juice and a dash or two of vanilla and, a prepared graham crust) to more inventive (and delicious) cheesecakes such as the Amaretto Chocolate Cheesecake....Cherry & Pistachio Cheesecake...Red-Velvet Cheesecake...or maybe you'd prefer the Strawberry-Mint cheesecake. These are but a few of the delicious recipes to be found between the covers of this cook-book."Disclosure: I received this product for free in exchange for my honest unbiased review"

I have to say I love cheesecake! I go for a piece to our local sweetshop every two weeks, feeling guilty about it. Now I do not have to feel guilty and I can make my own, healthier cheesecake. The book is divided into sections. After the Foreword and Introduction there is a chapter with Tips, Tricks and Secrets and then there is a section for Special Occasions, like wedding, anniversary, birthday etc. Every recipe comes with total time for preparation, which is further divided into prep time, cooking/refridgerating time and the sum which makes the total time. Chapter 3 comes with Snacks and Chapter 4 is focused on Kids. Chapter 5 is about cheesecakes with Fruits. The only thing I do not like about this book is the fact that not every recipe comes with a picture. Disclosure: I received this product for free in exchange for my honest unbiased review.

A fairly well written book on one of my favorite desserts! Cheesecake!!! There are some grammar issues, but not enough to mar the content of the book. These are easy and tasty recipes for making no bake or nearly no bake cheesecake. I am looking forward to trying some of these recipes. I found a few recipes where it does not say how many servings it makes, but I can live with that. The recipes are varied and a lot can be done with the fruit you want rather than what is used in the recipe. The ingredients are lower carb and fat than a normal cheesecake so they are a bit healthier while still being cheesecake! The instructions are clear and easy to follow. A number of them do require a bit of baking (mostly for crusts). Disclosure: I received this book free in exchange for my honest review.

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