



Low Carb Sweets: The Art of Self-Indulgence

Sharon Allbright

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Imagine being on a diet and starting the day with a pecan waffle, snacking on Macadamia Fudge and finishing dinner with Chocolate Crème Brulee-- and still staying on a low-carb, healthy and slimming routine.

Impossible?

Not since the release of the revolutionary new cookbook "Low-Carb Sweets and The Art of Self-Indulgence" by Sharon Allbright.

This author spent four year of research to break the "deprivation-barrier" of low-carb dieting and managed to eliminate sugar and flour by replacing them with delicious, health-building ingredients.

The former health columnist came up with more than 80 groundbreaking desserts to "diet for." The best news is that these indulgences are not only delicious, but also high in protein, rich in fiber and contain less than five grams of carbohydrates. This is an extraordinary feat, considering that a regular piece of chocolate cake can contain as many as 60 grams of carbohydrates.

The 216 pages of sweet creations range from waffles to pies and contain not a smidgeon of ingredients that cause sugar binges or weight gain. Some of these recipes have even been tested by diabetics who were delighted to report that the treats didn't raise their blood sugar levels.

The "Zero Carb Waffle" is a "breakfast wonder" with more protein than two eggs and boosts your fiber intake beyond that of two pieces of whole-wheat toast.

According to the author, "These recipes are not only simple to make but also time friendly." In fact, the Macadamia Fudge can be put together in less than five minutes, in case of an emergency "chocoholic attack!"

This project has been a long labor of love for Allbright, who confesses, "I love sweets-- but eating old-fashioned flour and sugar-filled desserts caused uncontrollable binges, blood sugar plunges and of course, weight gain."

The second segment of this unique book, "The Art of Self Indulgence," came to light through the author's experiences with this seemingly utopian eating style. "It turns out that years of dieting can make one feel guilty eating sweets-- healthy or not," reports the new "Queen of Low Carbs"

Tips on breaking barriers of self-denial make this not only a soul-satisfying cookbook, but also a plan that can transform dieting to a "sweeter way of life."

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