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Chocolate-Covered Katie: Over 80 Delicious Recipes That Are Secretly Good For You



Synopsis

What if you CAN eat all of your favorite desserts . . . and still be healthy and fit into your skinny jeans? Meet Katie: a girl who eats chocolate every day and sometimes even has cake for breakfast! When Katie's sugar habit went too far in college and left her lacking energy, she knew something needed to change. So she began developing her own naturally sweet recipes and posting them online. Soon, Katie's healthy dessert blog had become an Internet sensation, with over six million monthly visitors. Now, in her first cookbook, Katie shares over 80 never-before-seen recipes, such as Chocolate Obsession Cake, Peanut Butter Pudding Pops, and Ultimate Unbaked Brownies, that use only real ingredients, without any unnecessary fats, sugars, or empty calories. These desserts prove once and for all that health and happiness can go hand-in-hand—you can have your dessert and eat it, too!

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Customer Reviews

When I first became vegan two years ago next month, Chocolate Covered Katie was one of the first blogs that I discovered, and her recipes (and those from Angela Liddon's blog and now cookbook, *The Oh She Glows Cookbook: Over 100 Vegan Recipes to Glow from the Inside Out*) completely transformed the way I cooked and ate. Over these last two years, I've turned many (non-vegetarian) friends onto Katie's blog and healthy treats by re-posting her recipes on Facebook, and all of my friends who have tasted or tried her recipes have told me how amazing they are. I eagerly pre-ordered her cookbook the very first day that had it available for pre-order back in May. I've honestly been counting down the days until this cookbook was out (I don't think I've been this

excited about anything in a long time!), and practically grabbed it out of the hands of the delivery person this morning when it showed up. :-) It does not disappoint! This is one book that you need to have on your shelves if you love sweet treats! While Katie's blog does contain entrees, this cookbook focuses just on desserts -- and wow! What amazing desserts these are! Also, although the title doesn't mention it, all of the recipes in this book are, in fact, vegan.

I'll start by saying I wasn't previously familiar with Katie's blog and don't have any pre-existing reason to "need" to love this book. I'm just a guy with a huge sweet tooth and a huge vegetarian/vegan cookbook collection, so I obviously had to check it out. And I'm incredibly glad I did...I'm an instant Katie fan! I can't get over the simplicity of the recipes. They don't call for many ingredients, and everything seems very easy to make. I can't usually flip through a baking book and pick out several recipes that I could make with ingredients I already have in my pantry, but that was the case with this book. (I do have to admit that so far I've only baked with "standard" ingredients - white flour and sugar. It will take me a while to stock my pantry with the healthier ingredients she recommends.) I started with the chocolate crinkle cookies, and I was a little disappointed when they turned out looking nothing like they were supposed to. (I can't shake the feeling that they shouldn't be dipped in powdered sugar until AFTER refrigerating them; the coating absorbed into the liquid in the dough.) But wow did they taste good! And they had a really nice melt-in-your-mouth texture. Today I made the lemon donuts, and they turned out even better. I've made baked donuts a few times before, and these were by far the best I've made. The tart/sweet ratio was absolutely perfect. These got RAVE reviews from my family. It's silly to say, but the problem with this book is going to be finding the willpower to resist overeating the delicious treats. It would sort of defeat the purpose of healthier baking if I ate the whole batch at once... But I'm completely impressed with the quality of the book.

Like many people - I love to eat healthily but also simply adore chocolate. Though a good piece of chocolate can have many health benefits, gooey desserts that are chocolate based tend not to be the healthiest thing on the planet so if there is a way to make them healthier and maybe sneak some more veggies into my kids diet - I am all in, hence this cook book fit the bill! To be fair with -odd comment, but I like the size and structure of this book. It's a smaller size which makes it easier to work with and the colors, pictures and page layout are simply great making this an easy to follow guide! Also BIG bonus points for this book - many such books, especially those written by bloggers who created their own recipes, do not include nutritional information; this book however contains

calorie count, fiber, protein, fat and carb counts and even for those using the Weight Watchers system - the number of points in each dessert! So yes, dieters you can still have your cake and eat it!! This nutritional info makes me far more inclined to use this as I know exactly what I am getting and as a vegetarian, I can use those recipes that include higher levels of protein. Another big selling point for me was all the great portable bars she makes. I am always looking for something good to add to the kids lunch boxes and honestly my home made granola bars were not greeted with much enthusiasm - but now I have cool, tasty options that my kids love! For example the chocolate chip cookie dough bars pack in 5.5 g fiber and 4 grams of protein, and unlike those bars that can sit forever on a supermarket shelf, I can pronounce all 6 ingredients in these! There is also a recipe for a " real food protein bar" that at just 135 calories packs in 8 grams protein...

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