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The Virtuous Tart: Sinful But Saintly Recipes For Sweets, Treats, And Snacks



Synopsis

Have your cake and eat it too--recipes for sinful sweets with redeeming health benefits. Now you can have your cake and eat it too! Discover virgin drinks, virtuous tarts, and saintly treats that are packed with nutritional hits that love your body, boost your brain, and make you feel and look great. In over 60 recipes with healthy benefits you'll discover new ingredients that not only taste better but treat your body better too. Recipes include:

• Piñata, full of fortifying folate
• Lemon Shizzle Cake, bursting with vitamin C and an anti-inflammatory dose of turmeric
• Honuts, the healthy donut
• Macaccino Torte with Toasted Pecan and Chocolate Crumble, beaming with stamina-building maca and antioxidant-rich cacao
Imagine a nutritional slam dunk while snacking on chocolate! Picture your taste buds raving to the tune of coconut torte! Visualize your toes break-dancing with every crunch of a ginger cookie! The recipes in *The Virtuous Tart* will nurse your sweet tooth and energize your body, and Susan Jane will have you laughing all the while. 97% of the recipes in this book are gluten free.****Two recipes in the book contain gluten: Chocolate Guinness Cake (p. 97) and Sea Salteasers (p. 194)

Book Information

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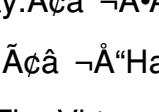
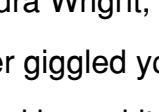
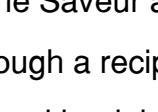
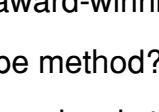
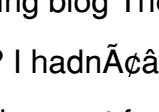
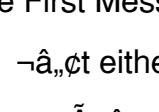
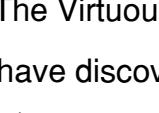
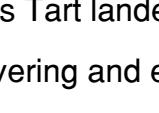
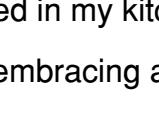
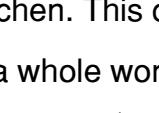
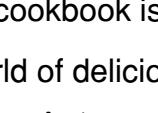
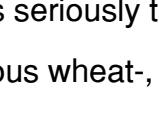
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Customer Reviews

"This beautiful book proves that you can truly have it all while still committing to your most vibrant and healthful self. When nutrition is bundled up in ooey-gooey, sticky, rich, and sweet

decadence, it's a win-win for everyone regardless of their dietary tendencies. Susan Jane is the undisputed master of that deceptively wholesome, completely delicious duality.  Laura Wright, creator of the *Saveur* award-winning blog *The First Mess*  "Have you ever giggled your way through a recipe method? I hadn't either until *The Virtuous Tart* landed in my kitchen. This cookbook is seriously the most fun you'll ever have discovering and embracing a whole world of delicious wheat-, dairy-, and refined sugar-free treats, drinks and snacks."  Amy Chaplin, author of *At Home in the Whole Food Kitchen*  "Where Ireland meets California, with delicious food and entertaining prose."  Béatrice Peltre, author of *La Tartine Gourmande* and *My French Family Table*  "Susan Jane White the best thing since iced tea!"  Imen McDonnell, author of *The Farmette Cookbook*  "Her recipes seem like some delicious, illicit sin."  Irish Independent "Quirky, super fun food."  Emma Galloway, author of *My Darling Lemon Thyme*  Susan Jane's passion is infectious.  All of her recipes are so smashing delicious and wholesome at the same time--I love everything she whips up!"  Sonja Dahlgren, creator of the blog *Dagmar's Kitchen*

SUSAN JANE WHITE is a specialist cook, a food and health columnist with *The Sunday Independent*, and a former president of Oxford University's Gastronomy Society. When she was twenty-five, Susan Jane developed a serious immune disorder. This marked the beginning of her nutritional pilgrimage. She discovered that her energy levels were intimately linked with the food she ate, so she avoided foods that taxed her body--anything processed or highly refined. And it worked! Two years later she was back to her bouncy, bionic self, much to the wonderment of the medical community. She lives in Dublin with her husband and two little vandals.

Delicious recipes, well written, lots of inspiration and background information. My only, really only, "beef" is that I found the recipes too sweet for my taste. However, once I tried a few recipes I started to adjust the sweetener of choice to approx half of what the recipe called for. It might result in a slightly different outcome, although that wasn't a problem for me. Definitely one of the better books on gluten-free, lactose free and processed sugar and processed sweeteners free.

Love! Not the same old rehashed recipes. Also, the author's writing style is engaging, humorous.

A family favourite! Children and grown ups alike can explore plenty of delicious sweet alternatives to standard sugar laden fare in this colorful collection of truly healthy recipes delivered with Susan's own stylish brand of fun, wit & creativity. A unique and welcome addition to anyone's cook book collection and a great gift for foodies and the more choosies alike. Easy to read and packed with fun ideas this book is a firm family favourite round our way. Everyone needs to try strawberry & licorice ice cream!

Unexpectedly funny for a cookbook. We love it! Each recipe so far tastes really good, we couldn't buy better

What is not to love about this book! White's recipes sound so tasty, one just wants to make all of them! I wish I had the time to bake (and that baked goods were no-cal!) so I could try every single one of them! The photos were so tempting...! If you enjoy baking, this is a must own for your collection!

Absolutely love Susan's voice and her story. The recipes are inspired and delicious for the entire family.

The Virtuous Tart's recipes are absolutely to-die-for! I have learnt so much about gluten free baking, this book is now my sweet go-to! The Braniac Brownies are my kids' faves! And the Banofee Mess is insanely good. Susan's writing is engaging and so funny. LOVE

This woman's writing is so funny that I'd like to spend the rest of my life with her. Laughing. And cooking, of course. Lots of cooking. Hilarious book ÄfÄçÄ ª Äœ and truly delicious food.

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