



## Dessert Every Night!

*JoAnna M. Lund*

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## **Dessert Every Night!** JoAnna M. Lund

Luscious cream pies, mouthwatering cakes, rich puddings, sweet fruit salads, hearty cobblers--nothing finishes a meal like a great dessert. And now JoAnna Lund shows how you can have your cake and eat it, too, without guilt. Hundreds of thousands of loyal readers have discovered the Healthy Exchanges way of eating with JoAnna Lund. The "diet queen of DeWitt, Iowa," has demonstrated how anyone can lose weight and regain health without sacrificing good taste. And nowhere has she been more successful in exchanging forbidden foods for healthy choices than with her wide range of desserts. The proof is in the testimonials: "I am a diabetic who has found new delights in your tasty and great-looking desserts..so good and so easy, too!" --C.L., Indiana "The recipes are so easy and the desserts are incredible.. I've lost more than sixty pounds, and I've never felt so satisfied in my life." --M.F., Missouri Like all her recipes, JoAnna's desserts are easy to prepare, using readily available ingredients. They are all low in calories and fat, yet never scrimp on taste. Every recipe includes a comprehensive nutritional analysis, and this book features JoAnna's hallmark hints, tips, and sound advice for making Healthy Exchanges a way of life, not just another diet.

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