



# Frozen Desserts Recipes and Healthy Snacks for Work for Kids for Every Season

*Jade Lee*

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First of its kind in Kindle!

Get ready for a treat. It's time for an extremely quick mouth-watering, delicious desserts and snacks. Your best treat at any time of the year. End your frustration, you will never run out of idea anymore and be prepared for wonderful desserts and snacks with this book.

You are hosting a party and you cracking your head for a special dessert or snacks? Try this! Need some quick, effortless preparation for snacks for your kids or even yourself at work place? Try this! With this guide you can easily get your kids involve in the preparation of their own desserts or snacks. It will be so easy and yummy that they will want to prepare it on their own without you asking next time. Say yes to energy and nourishment instead of junks.

Great desserts and superb snacks don't always require great skills, nor it has to be time consuming. How fast could it be? 3 seconds. That's right. That's all it takes to whip up a healthy and hearty desserts and snacks. Alright, not all is that quick, but be assured nothing can be as quick as this.

Do you know there are some food that taste amazingly nice when eaten frozen? And they are good choices whether to be eaten as desserts or snacks. Most of the food listed are very healthy choices of desserts and snacks, yet there are few that are not. I trust your ability to differentiate them. For those, serve and indulge sparingly.

Not all fridge is the same, thus the freezer. Since different freezer behaves slightly different, no suggestion is given concerning the freezing period. Test to find out and decide according to the desired results.

You may want to jump straight into the bonus part that I specially present to you in the Mysterious Sexy Treats, however those are strictly NOT for kids nor your guests.

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