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30 Under 300: Healthy, Unique Recipes Under 300 Calories (gluten Free, Sugar Free, Dairy Free, Vegan)



Synopsis

This book offers 30 healthy, unique recipes made with natural ingredients and no sugar. Each recipe is under 300 calories, includes step-by-step baking directions, nutritional information, and vibrant pictures. The recipes are made with simple ingredients that you can find almost anywhere. Need motivation to eat healthy? No problem! This healthy baking cookbook contains easy-to-understand directions as well as uplifting quotes to make you feel great. Have a particular dietary need? I've got you covered - in 30 Under 300, there are dozens of desserts, including gluten free desserts, vegan baking recipes, dairy free recipes, egg free baking, and more. Don't have a full kitchen set? No worries - 30 Under 300 includes kitchen hacks and baking tips to make baking a breeze, regardless of your setup. WHAT YOU'LL FIND 30 healthy baking recipes all under 300 calories simple ingredients and easy-to-understand directions recipes under 5 ingredients recipes under 5 minutes dairy free recipes: dairy free cookies gluten free recipes: gluten free bread vegan baking recipes: vegan cake kitchen hacks, ingredient substitutions, and baking tips nutritional information for every recipe vibrant pictures WHO SHOULD READ THIS BOOK? Weightloss: If you're seeking to lose weight, these low-calorie alternatives will help you achieve that. Dietary Restrictions: Have a particular dietary need? Nearly every delicious recipe caters to dairy free and gluten free desserts needs, with vegan options available. Every recipe is sugar free. Overall Health: Just looking to maintain a healthy lifestyle and need some new recipes and motivational quotes? This book will help you achieve total well-being. 30 Under 300 isn't just for those with food allergies (although all of our recipes are sugar free and there are plenty of dairy free, gluten free, and even vegan recipes), but for people who just love a good snack, whether you're from the East Coast, Midwest, West Coast, Canadian or just enjoy good, American deserts (minus the guilty calories!). I really hope you enjoy this baking recipe book. It's a labor of love and I hope you find it useful on your healthy eating journey.

Book Information

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Customer Reviews

I LOVE this cookbook! I have been following the author Kim on various social media sites since I began my health and fitness journey a few years ago... I always loved how simple and nutrition conscious her recipes were... Other recipe creators oftentimes used outlandish ingredients that were hard to find on top of having complicated cooking processes, tools, and utensils. Kim was (and still is) the exact opposite, and that rings true for this "30 Under 300" cookbook. The recipes themselves are very simple and easy to follow/recreate in your own kitchen. I love that there is something for everyone with varying nutritional preferences (gluten free, vegan, dairy free, or simply looking to cook more mindfully). I have a HUGE sweet tooth, and these recipes satisfy that sweet tooth while keeping me in check with my nutritional goals! I also love the personal touches Kim put into this book. She even included a grocery list and some simple but crucial basic baking tips. If I had to sum it up, the vibe I got from this cookbook is: delightful, heartwarming, and simple yet indulgent. Great job, Kim! Thank you for making a cookbook for those of us who are health conscious, but still want to enjoy yummy treats and share them with our loved ones.

Having already been a big fan of Kim's recipes, I was super excited about this cookbook and it DEFINITELY did not let me down! I loveeee that the ingredients are all things that I would have on hand. No having to go to the store and buy 6 varieties of gluten free flours. No long hours soaking nuts or cooking beans, no crazy equipment needed, and there's even a section of recipes to conquer in 5 minutes or less ;) With recipes for brownies, fudge, muffins, biscotti, parfaits, in flavors like red velvet, carrot cake, almond joy, PEANUT BUTTER, and more, there is literally something for EVERYONE in this book! With the fact that they are all allergen friendly with dairy free, gluten free, vegan and customized options, I seriously can't imagine not finding something to love in here.

I just got this book in the mail the other day and I am so excited! I made the Cookie Dough Bars this morning and they turned out amazing. I love that the ingredients are health conscious and that she included the macro count with each recipe. The recipe sizes are friendly and don't leave you feeling committed to eating that particular item for an extended period of time. I am so excited to try more recipes!

I've been a long time follower of Kim on social media and have always been impressed by her creative, HEALTHY recipes! However, I must say, she has out done herself with this book! Every recipe is loaded with delicious ingredients and so easy to make! From cookies and bars to muffins and mugcakes, this book has every treat you could want. Everything I've made so far tastes amazing and you'd never know that it's 'light' and under 300 calories. Decadence in disguise for sure!!! BUY THIS NOW.

I can't say enough amazing things about this book!! First, the recipes are so simple, yet SO delicious. Ingredients can be found at every grocery store, and most are probably already in your kitchen. Healthy, easy, and flavorful. What more could you ask for? Second, the pictures!! The food looks completely drool-worthy....it makes it SO HARD to decide what to make next!! Next, the book is so fun to read through. There are little quotes throughout the book, and each section has its own quirky introduction. It really makes it feel like you're talking to the author about the recipes! It's well organized based on number of ingredients, simplicity, and type of baked good. Extremely well-done, and definitely my new favorite cookbook!

Kim is starting a revolution with this cookbook. Kim approaches health and wellness in such a balanced, optimistic way and that attitude is conveyed in the book. You know how the classic logic goesâ | if something is healthy then it is probably boring and unimaginative. Kim has taken this claim and turned it on its head. All of the recipes in this book are so innovative; Kim helps to show that one does not have to sacrifice flavor or even creativity when prepping a healthy treat. I am so glad I get to call Kim a good friend. She has an amazing story and it is conveyed in such a genuine way with this book. I am so excited to see where the release of this book takes Kim. Cheers to 30 Under 300!

Kimberly, THANK YOU for sharing your tremendous gifts with the world. I am blown away by the

presentation, thoughtfulness, & deliciousness that you've put into your cookbook. Kim has a true appreciation for the process of creating something amazing from beginning to middle to end. She is also considerate of the different preferences a conscious, healthy eater would have as she has dairy free, gluten free, vegan, and paleo options. The simple, yet detailed style of her book makes it easy to navigate whether you're a master jedi or young padawan in the kitchen. In case you need me, I'll be making her Coconut Almond Donuts & Chocolate Pistachio Muffins. I'm a Kim fan for life.

This book continues to amaze me. I have tried out several recipes from it so far, and each one is better than the next (the Carrot Loaf is to die for). Kim has put so much effort and love into this book and it really shows. There is a recipe for everyone, on matter your dietary restrictions. It is also food that TASTES good, and can be enjoyed by someone who is health conscious, but also someone who isn't. If you are looking for a easy, healthy, and amazing recipe book-look no further. You have found it.

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