

Healthy, Belly Fat Burning Desserts Announces New Healthy Dessert Recipes

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Atlanta, Georgia: Healthy, Belly Fat Burning Desserts is pleased to announce the release of their new healthy dessert recipes filled with delicious belly fat burning recipes, healthy tips, and inspiration. Based on clinical and practical experience, Healthy, Belly Fat Burning Desserts offers healthy dessert recipes designed for consumers looking for a practical, effective route to long term weight loss that will fit easily into their everyday lives.

Healthy, Belly Fat Burning Desserts brings together everything you need to invigorate yourself. At <http://healthydesserts.kspuckett.com/>, you will find dozens of easy and healthy dessert recipes to help keep your blood sugar stable and increase your body's fat-burning capabilities. "We constantly tweaked the ingredients and proportions until we had replaced the sugar and flour in these classic desserts. We gave each one a total health makeover while keeping all the moisture, taste, and decadent sweetness," said K.S. Puckett.

Utilizing metabolic power ingredients, these healthy dessert recipes remove every ingredient that is unnatural or refined, as well as anything that would spike your blood sugar or cause your body to store fat. They are tailored to increase the metabolic rate and dietary preferences to create a weight loss plan that creates nutritionally balanced, healthy, fat burning desserts.

All belly fat burning recipes are substituted with proteins, healthy fats, and fiber that create a truly diabetic-safe and gluten-free healthy dessert. With all-natural, low glycemic ingredients, Healthy, Belly Fat Burning Desserts offers consumers truly healthy dessert options. "We've helped thousands of people to dramatically improve their health and reach their optimal weight by simply following an all-natural, low glycemic diet," said K.S. Puckett.

These recipes are collectively brought together to offer consumers healthy and delightful food selections that take into consideration many more elements than just an individual's weight. These belly fat burning recipes target factors that influence size, shape, and ability to shift weight. "These healthy dessert recipes are

designed to kick start your engine of weight loss, reduce cravings, and improve fat burning. Quite simply, it prepares the body for weight loss, reducing the time it takes to reach your goal,? said K.S Puckett. At <http://healthydesserts.kspuckett.com/> you will learn how to transform your favorite desserts into healthy, belly fat burning masterpieces and together virtually make weight loss fun and attainable.

About Healthy, Belly Fat Burning Desserts

K.S. Puckett is the founder of Healthy, Belly Fat Burning Desserts. K.S. Puckett is passionate about healthy living as well and healthy eating. With healthy, belly fat burning recipes, his mission is to help individuals have a healthy relationship with food and adopt sensible weight loss methods for long term results.

Contact: K.S. Puckett - 770-815-1125 - main@kspuckett.com

1563 Pine Glen Circle

Atlanta, GA 30035

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