



30 DESSERT

Sugarfree Recipe Ebook



Ready in 30 Minutes or Less





Baked Brie with Cranberry Sauce

6 servings

20 minutes

Ingredients

283 grams Brie Cheese (whole, round)

139 grams Cranberry Sauce
(homemade or canned)

Directions

1

Preheat oven to 325°F (163°C) and line a baking sheet with parchment paper. Place brie on the baking sheet and bake for 15 minutes, or until soft.

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2

Remove the brie from the oven and top with cranberry sauce. Return to the oven and bake for 5 more minutes. Let cool a bit before serving. Enjoy!

Notes

No Cranberry Sauce: Use any jam, fruit spread or chutney instead.

Serve it With: Crackers or crusty bread.

Extra Toppings: Crushed nuts, toasted pumpkin seeds or sunflower seeds.

Vegan & Dairy-Free: Use a cashew cheese instead of brie.



Double Chocolate Mint Energy Balls

6 servings

15 minutes

Ingredients

74 grams Pitted Dates
72 grams Almonds (raw)
10 grams Cacao Powder
8 grams Cacao Nibs
750 milligrams Sea Salt
2 milliliters Peppermint Extract
15 milliliters Water

Directions

- 1 Add the dates, almonds, cacao powder, cacao nibs, sea salt and peppermint extract to the bowl of a food processor. While the food processor is running stream in the water. Run the food processor until the date mixture forms a ball.
- 2 Form the mixture into small balls with your hands and enjoy!

Notes

No Almonds: Use raw cashews instead.

Serving Size: One serving is equal to two balls.

Storage: Store in the fridge up to five days, or in the freezer for up to three months.



Chocolate Coconut Fat Bombs

8 servings

30 minutes

Ingredients

178 milliliters Coconut Oil
27 grams Cacao Powder
24 grams Monk Fruit Sweetener
750 milligrams Sea Salt

Directions

1

Melt the coconut oil in a pot over low heat. Add the cacao powder and sweetener. Stir to combine. Add all ingredients to a high-speed blender and blend for 1 to 2 minutes until everything is well combined.

2

Ladle the mix into a mini square silicone mold and sprinkle sea salt on top. Place in the freezer to set for about 30 minutes. Remove from the mold and enjoy!

Notes

No Monk Fruit Sweetener: Sweeten with stevia, honey or coconut sugar instead.

No Coconut Oil: Use coconut butter instead.

Likes it Sweet: Add more sweetener as desired.

No Silicone Mold: Use parchment-lined mini muffin molds.

Serving Size: One serving is equal to one fat bomb, or approximately 35 grams (1.2 ounces).

Storage: Refrigerate in an air-tight container for up to 7 days. Freeze for up to 3 months.



Strawberries & Coconut Whip

2 servings

10 minutes

Ingredients

144 grams Strawberries
56 grams Coconut Whipped Cream

Directions

1

Divide strawberries and coconut whipped cream into cups or small bowls.
Enjoy!

Notes

Leftovers: Refrigerate the strawberries and coconut whipped cream in separate airtight containers for up to four days.

No Coconut Whipped Cream: Use regular whipped cream, Greek yogurt, coconut yogurt, or whipped aquafaba.

Additional Toppings: Add bee pollen, coconut chips, hemp seeds, maple syrup, honey or maple butter.

Coconut Whipped Cream: Use a store-bought can or make your own.



Peaches with Cinnamon

1 serving

5 minutes

Ingredients

- 3 grams Cinnamon
- 1 Peach (sliced, pit removed)

Directions

- 1 In a small bowl or container, sprinkle the cinnamon over the peach slices. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days. To prevent browning, squeeze lemon juice over the peaches before refrigerating.

Additional Toppings: Top with yogurt, coconut cream, whipped aquafaba, shredded coconut or hemp seeds.



Coconut Yogurt Parfait

1 serving

5 minutes

Ingredients

225 grams Unsweetened Coconut Yogurt (divided)

15 grams Walnuts (roughly chopped, divided)

72 grams Strawberries (chopped, divided)

Directions

1

Place half the coconut yogurt in a glass jar or bowl. Top with half the walnuts and half the strawberries. Add the remaining coconut yogurt, walnuts and strawberries. Serve and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to two days.

Nut-Free: Use sunflower seeds instead of walnuts.

Additional Toppings: Add nut or seed butter, chia seeds, cinnamon or shredded coconut on top.



Strawberries with Macadamia Dip

6 servings

5 minutes

Ingredients

201 grams Macadamia Nuts (soaked at least 30 minutes)
30 milliliters Coconut Oil (melted)
288 grams Strawberries

Directions

- 1 Combine the macadamia nuts and coconut oil in a food processor or high-speed blender. Blend until smooth, adding a bit of water if needed until your desired consistency is reached.
- 2 Transfer to a bowl. Serve with strawberries and enjoy!

Notes

Leftovers: Refrigerate the macadamia dip separately in an airtight container for up to two weeks.

Nut-Free: Use sunflower seed butter instead of macadamia nuts.

Additional Toppings: Top with hemp seeds, shredded coconut, dark chocolate chips or crushed nuts.

More Flavor: Use roasted macadamia nuts, and/or combine with cashews or hazelnuts.

Save Time: Use store-bought macadamia nut butter instead, or skip the soaking time and add more water or milk instead.



Kiwi & Grapes

1 serving

5 minutes

Ingredients

1 Kiwi (peeled and sliced)

92 grams Grapes

Directions

1

In a small bowl or container, combine the kiwi and grapes. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.



Peach with Cottage Cheese

1 serving

5 minutes

Ingredients

53 grams Cottage Cheese

1 Peach (medium, sliced)

Directions

1

Combine the cottage cheese and peach in a bowl or container if on-the-go. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Dairy-Free: Use coconut yogurt instead of cottage cheese.

Additional Toppings: Top with hemp seeds, chia seeds, shredded coconut, honey and/or maple syrup.



Sunflower Banana Boat

1 serving

5 minutes

Ingredients

16 grams Sunflower Seed Butter
22 milliliters Water (warm)
1 Banana (peeled)
5 grams Unsweetened Shredded Coconut

Directions

- 1 In a small bowl, whisk the sunflower seed butter and water together until all lumps disappear and a thin consistency is reached.
- 2 Slice the banana lengthwise or into coins. Drizzle with sunflower seed butter and sprinkle the shredded coconut on top. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to one day. Best enjoyed the same day.

Additional Toppings: Top with cinnamon, nutmeg, raisins, sunflower seeds, hemp seeds, coconut cream, yogurt or whipped aquafaba.



Rice Cake with Yogurt & Berries

1 serving

5 minutes

Ingredients

1 Plain Rice Cake
14 grams Unsweetened Coconut
Yogurt
31 grams Raspberries

Directions

1

Spread the coconut yogurt onto the rice cake and top with the raspberries.
Enjoy!

Notes

Leftovers: Store all ingredients separately until ready to serve.

More Flavor: Drizzle with honey or maple syrup or garnish with a pinch of cinnamon.

Additional Toppings: Sprinkle with hemp seeds, chia seeds or ground flax seeds.

No Raspberries: Use strawberries or blueberries instead.



Coconut Yogurt with Strawberries

1 serving
10 minutes

Ingredients

113 grams Unsweetened Coconut Yogurt
650 milligrams Cinnamon
36 grams Strawberries (chopped)

Directions

- 1 Place the coconut yogurt in a bowl. Top with cinnamon and strawberries. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to two days.
Additional Toppings: Add nuts and seeds.



Cinnamon Plantain Cake

6 servings

25 minutes

Ingredients

1 Plantain (very ripe, mashed or finely diced)
1 Egg
119 grams Brown Rice Flour
1 gram Cinnamon

Directions

- 1 Preheat the oven to 375°F (190°C). Line a cake pan with parchment paper.
- 2 In a bowl, combine the mashed plantain, egg, brown rice flour and cinnamon. Transfer to the cake pan and bake for 15 to 20 minutes, or until cooked through and slightly golden brown.
- 3 Cut into slices and enjoy!

Notes

Leftovers: Store at room temperature covered for up to two days, or freeze for up to one month.

Serving Size: One serving is one slice of cake. A 6-inch cake pan was used for 6 servings.

Additional Toppings: Enjoy it with yogurt for breakfast, dipped in a stew for dinner or topped with whipped coconut cream as a dessert.



Chocolate Dusted Almonds

1 serving

5 minutes

Ingredients

36 grams Almonds
7 milliliters Coconut Oil (melted)
896 milligrams Cocoa Powder
750 milligrams Sea Salt
1 gram Stevia Powder

Directions

1

In a bowl, toss the almonds with the coconut oil until well coated. Sprinkle cocoa powder, sea salt and stevia overtop and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to seven days.

No Stevia Powder: Use monk fruit sweetener, honey or maple syrup instead.



Sweet Almond Crêpes with Strawberries

2 servings

15 minutes

Ingredients

3 Egg
12 grams Monk Fruit Sweetener
5 milliliters Vanilla Extract
56 grams Almond Flour
5 milliliters Coconut Oil (divided)
32 grams Coconut Butter (soften, divided)
144 grams Strawberries (sliced, divided)

Directions

- 1 In a mixing bowl, whisk the eggs, monk fruit sweetener and vanilla together until well mixed. Stir in the almond flour.
- 2 Heat a small non-stick pan over medium heat. Add 1/4 of the coconut oil to the pan. Let the oil melt then evenly coat the pan.
- 3 Add about 1/4 cup of the batter to the oiled pan and tilt the pan in a circular motion to distribute the batter evenly. Cook for 60 to 90 seconds or until just golden brown and the crêpe releases easily from the pan, then flip and continue cooking for 30 to 60 seconds. Repeat with the remaining batter.
- 4 To serve, smear the coconut butter down the center of the crêpe and top with sliced strawberries. Fold or roll the crêpe and enjoy!

Notes

Leftovers: Store coconut butter and strawberries separate from crêpes. Refrigerate the crêpes in an airtight container or zipper-lock bag for one day or freeze for longer. Reheat the crêpes in a dry pan until warmed through.

Serving Size: One serving is approximately two crêpes.

More Flavor: Add cinnamon to the batter.

Additional Toppings: Top with coconut whipped cream, maple syrup, cinnamon, shredded coconut or nut butter.

No Strawberries: Use raspberries instead.

No Coconut Butter: Use almond butter instead.

No Monk Fruit Sweetener: Use maple syrup instead and adjust for taste.



Blood Orange & Pistachio Chia Pudding

2 servings

25 minutes

Ingredients

2 Blood Orange (small)
48 grams Chia Seeds
113 grams Unsweetened Coconut
Yogurt
8 grams Pistachios (roughly chopped)

Directions

- 1 Peel half of the blood oranges and chop them. Set aside for garnish. Juice the other half. Set the juice aside and discard the juiced orange.
- 2 In a medium bowl, combine the chia seeds with the coconut yogurt and orange juice. Whisk well to combine. Refrigerate for at least 20 minutes or overnight to thicken.
- 3 Divide evenly between bowls or containers. Top with the chopped orange and pistachios. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days.

No Coconut Yogurt: Use Greek yogurt instead.

Nut-Free: Use sunflower seeds instead of pistachios.

More Flavor: Use vanilla coconut yogurt, or add a dash of vanilla.



Cantaloupe with Cottage Cheese

1 serving

5 minutes

Ingredients

53 grams Cottage Cheese
1/4 Cantaloupe (peeled, seeds removed, diced)

Directions

- 1 Add the cottage cheese and cantaloupe to the same dish. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Additional Toppings: Hemp seeds, chia seeds, shredded coconut, honey and/or maple syrup.

Dairy-Free: Use coconut yogurt instead of cottage cheese.



Chocolate Layered Chia Pudding

2 servings

25 minutes

Ingredients

48 grams Chia Seeds
180 milliliters Plain Coconut Milk (from the carton)
5 grams Cocoa Powder
169 grams Unsweetened Coconut Yogurt
108 grams Strawberries (cut in half)

Directions

- 1 In a large bowl, combine the chia seeds, coconut milk and cocoa powder. Whisk thoroughly making sure the seeds are mixed well. Refrigerate for at least 20 minutes or overnight to thicken.
- 2 Divide the chia pudding and coconut yogurt between jars into layers. Top with strawberries and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days.

Likes it Sweet: Add a drizzle of maple syrup or honey.

Additional Toppings: Add granola or cacao nibs on top for crunch.

No Coconut Yogurt: Use another type of yogurt instead.



Pan Seared Peaches with Dukkah

2 servings

10 minutes

Ingredients

17 grams Hazelnuts (roasted, unsalted)
 12 grams Almonds (roasted, unsalted)
 5 grams Sesame Seeds (white and/or black, toasted)
 3 grams Coriander Seed
 500 milligrams Fennel Seed
 525 milligrams Cumin (ground)
 Sea Salt & Black Pepper (to taste)
 2 milliliters Coconut Oil
 2 Peach (halved, pit removed)
 113 grams Unsweetened Coconut Yogurt
 6 grams Mint Leaves (optional, lightly torn)

Directions

- 1 Combine the hazelnuts, almonds, sesame seeds, coriander seeds, fennel seeds, cumin, salt and pepper into a food processor or blender. Process until you reach a coarse grainy texture. Set aside.
- 2 Heat a cast iron skillet over medium-high heat. Once hot, add the coconut oil. Place the peaches on the skillet cut side down. Sear for 4 to 5 minutes, until charred.
- 3 Divide the yogurt evenly between bowls. Add the peaches and top with dukkah and mint leaves, if using. Enjoy!

Notes

Leftovers: Best served right away. Otherwise, refrigerate in an airtight container for up to two days.

Serving Size: One serving is one peach and 1/4 cup yogurt.

Likes it Sweet : Add a drizzle of honey or maple syrup.

Barbecue: To prepare on the grill, brush the peaches with oil. Grill the peaches, cut side down, for 5 minutes, without turning.

No Coconut Yogurt: Use Greek yogurt or another yogurt alternative.



Pressure Cooker Pear & Apple Sauce

6 servings

20 minutes

Ingredients

3 Apple (seeds removed, roughly chopped)

3 Pear (seeds removed, roughly chopped)

119 milliliters Water

30 milliliters Lemon Juice

1 milliliter Vanilla Extract

650 milligrams Cinnamon

Directions

- 1 Add all of the ingredients to the pressure cooker and close the lid.
- 2 Set to "sealing", then press manual/pressure cooker and cook for 5 minutes on high pressure. Once it is done, release pressure manually. Remove the lid carefully and let the applesauce cool slightly.
- 3 Transfer everything to a blender and blend until smooth, allowing space for the heat to escape. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is approximately 1/2 cup of applesauce.

Fruit: Gala apples and Bosc pears were used for this recipe. Fruit can be peeled if desired.

More Flavor: Add other warming spices like nutmeg or pumpkin pie spice.



Rosemary Roasted Grapes

8 servings

30 minutes

Ingredients

460 grams Grapes (seedless)
30 milliliters Extra Virgin Olive Oil
5 grams Rosemary (fresh, chopped)

Directions

- 1 Preheat the oven to 450°F (232°C).
- 2 Break apart the branches and place the grapes onto a baking sheet. Gently toss in oil and rosemary. Roast for 20 to 30 minutes, stirring halfway, or until soft and slightly charred. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to one week.

Serving Size: One serving equals approximately half a cup.

More Flavor: Add salt, black pepper, and/or balsamic vinegar.

Serve It With: Enjoy as a snack, as a side dish, or over top of coconut ice cream for a sweet and savory dessert.



Sunflower Seed Butter Banana Sushi

1 serving

5 minutes

Ingredients

32 grams Sunflower Seed Butter

1 Banana (peeled)

10 grams Hemp Seeds

Directions

- 1 Spread sunflower seed butter onto a banana.
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- 2 Sprinkle hemp seeds over top.
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- 3 Slice and enjoy!

Notes

Leftovers: Best enjoyed immediately.

More Flavor: Add a dash of cinnamon and/or sea salt.



Coconut Mug Cake

1 serving

5 minutes

Ingredients

7 milliliters Coconut Oil (melted)
45 milliliters Canned Coconut Milk (full fat)
12 grams Monk Fruit Sweetener
11 grams Almond Flour
7 grams Coconut Flour
5 grams Unsweetened Shredded Coconut
1 gram Baking Powder

Directions

- 1 In a mug combine the melted coconut oil and coconut milk then stir in the monk fruit sweetener. Add the almond flour, coconut flour, coconut, and baking powder and stir until a thick batter forms.
- 2 Microwave for 90 seconds until the cake is spongy and cooked through. Allow the cake to cool slightly and enjoy!

Notes

Leftovers: Best enjoyed immediately.

More Flavor: Add vanilla extract, coconut extract, or lemon extract.

Additional Toppings: More shredded coconut or coconut whipped cream.

No Monk Fruit Sweetener: Use another granulated sugar or sugar alternative.

Coconut Flour: This recipe was developed and tested using Bob's Red Mill Coconut Flour. If using another type of coconut flour, note that results may vary.



Prune Pudding

2 servings

5 minutes

Ingredients

174 grams Pitted Prunes
1 gram Cinnamon
500 milligrams Cardamom
119 milliliters Water

Directions

1

Add the prunes, cinnamon, and cardamom to a food processor. Blend until smooth, slowly drizzling in the water until your desired consistency is reached. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Serving Size: One serving equals approximately 1/4 cup.

More Flavor: Add lemon juice, a pinch of sea salt and/or your sweetener of choice.

Additional Toppings: Sprinkle shredded coconut ontop, serve it as a spread over rice crackers, or as a sauce with plain yogurt.



Chocolate Strawberry Chia Pudding

2 servings

30 minutes

Ingredients

48 grams Chia Seeds
240 milliliters Plain Coconut Milk
(unsweetened, from the carton)
24 grams Chocolate Protein Powder
144 grams Strawberries (halved)

Directions

- 1 In a large bowl, combine the chia seeds with the coconut milk and the protein powder. Whisk well, making sure all the seeds are incorporated. Refrigerate for at least 20 minutes or overnight to thicken.
- 2 Top the chia pudding with the strawberries and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days.

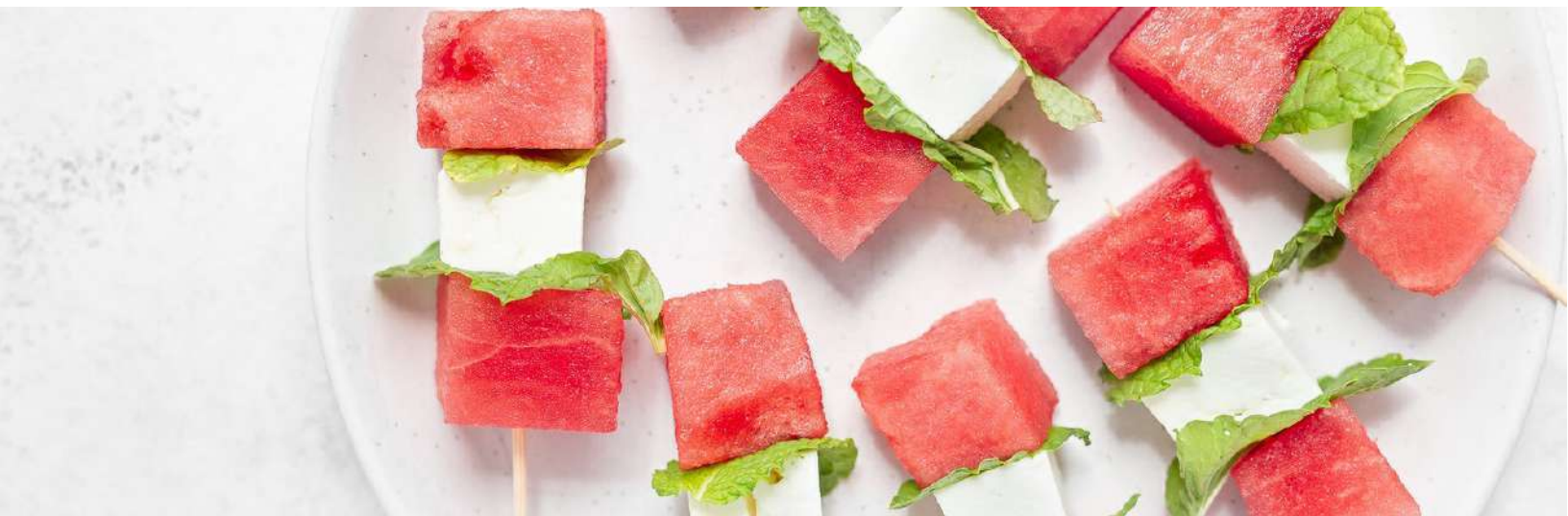
No Protein Powder: Use raw cacao powder or cocoa powder instead of protein powder, using half the amount.

Likes it Sweet: Add a drizzle of maple syrup or honey.

Likes it Thicker: Use full fat coconut milk instead.

Additional Toppings: Add granola or cacao nibs on top for crunch.

Protein Powder: This recipe was developed and tested using a plant-based protein powder.



Watermelon & Feta Skewers

6 servings

15 minutes

Ingredients

1/2 Seedless Watermelon (medium, cut into cubes)

6 grams Mint Leaves

225 grams Feta Cheese (cubed)

Directions

1

Take a toothpick and thread the watermelon, a mint leaf, and feta cheese one at a time. Repeat until each toothpick is full. Serve and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to two days.

Serving Size: One serving equals approximately four toothpicks.

More Flavor: Drizzle balsamic glaze overtop.

Additional Toppings: Add cucumber slices.



Keto Peanut Butter Cookies

12 servings

15 minutes

Ingredients

258 grams All Natural Peanut Butter

96 grams Monk Fruit Sweetener

1 Egg

Directions

- 1 Preheat oven to 350°F (180°C) and line a baking sheet with parchment paper.
- 2 Mix together the peanut butter, sweetener, and egg(s) in a large bowl with a wooden spoon until well combined.
- 3 Portion into balls, using approximately two tablespoons of dough per cookie, and place evenly onto the prepared baking sheet. Using a fork, press down on the cookies to form a cross-hatch pattern.
- 4 Bake the cookies for 10 to 12 minutes, or until the edges start to turn a golden brown. Allow to cool completely. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to one week. Freeze if longer.

Serving Size: One serving is equal to one cookie.

More Flavor: Garnish with chopped peanuts. Drizzle with melted chocolate.



Banana Blueberry Ginger Ice Cream

2 servings

5 minutes

Ingredients

450 grams Frozen Banana
155 grams Frozen Blueberries
12 grams Ginger (fresh, grated)
30 milliliters Oat Milk

Directions

1

Combine all ingredients in a blender or food processor and blend until a smooth consistency is achieved. You may need to tamper while you blend or stop and push the ingredients back into the blender or food processor with a spatula a couple of times.

2

Scoop into bowls and enjoy!

Notes

Leftovers: Best enjoyed immediately.

Serving Size: One serving is equal to approximately one cup.

Additional Toppings: Top with nuts, seeds, cacao nibs, shredded coconut, granola, or additional fruit.

Ginger Preference: This recipe was created to highlight the fresh ginger flavor, which can be strong. If you don't enjoy the flavor of ginger, consider reducing the amount of ginger called for.



Cranberry Apple Crisp

2 servings

30 minutes

Ingredients

1 Apple (medium, chopped)
50 grams Frozen Cranberries
18 grams Monk Fruit Sweetener
(divided)
41 grams Oats
30 grams Whole Wheat Flour
15 grams Unsweetened Applesauce
1 gram Cinnamon

Directions

- 1 Preheat the oven to 350°F (175°C).
- 2 In an oven safe dish, mix together the apple, cranberries, and 1/3 of the sweetener.
- 3 In a bowl combine the remaining ingredients together and add on top of the apples and cranberries.
- 4 Bake in the oven for 20 to 25 minutes or golden brown. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is equal to approximately one cup.

More Flavor: Add pecans or walnuts.

Additional Toppings: Top with vanilla ice cream.



Apple & Three Cheese Tart

8 servings

25 minutes

Ingredients

8 grams Unbleached All Purpose Flour
(for dusting)
225 grams Puff Pastry (thawed)
62 grams Ricotta Cheese
1 Apple (sliced)
60 grams Cheddar Cheese (old, sliced)
28 grams Parmigiano Reggiano
(grated)
3 grams Oregano (dried)

Directions

- 1 With the rack in the middle position, preheat the oven to 400°F (200°C). Line a baking sheet with parchment paper.
- 2 Use the flour to lightly dust onto a flat surface. Roll out the puff pastry into a square about 1/2-inch thick.
- 3 Spread the ricotta over the pastry and cover with the apple slices, cheddar cheese, and parmesan cheese. Top with oregano.
- 4 Bake for about 15 to 20 minutes or until the cheese is golden brown. Let cool. Cut, serve, and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: 225 grams (8 oz) of puff pastry was used to make eight servings. One serving is equal to two pieces.

More Flavor: Add garlic powder, onion powder, or other dried herbs. Use crumbled blue cheese instead of parmesan cheese.

Additional Toppings: Top with fresh chives, parsley, honey, black pepper and/or chili flakes.



Welcome! We're excited to share our 30 Sugar-Free Dessert Recipes eBook to inspire your creativity and support your journey towards a healthier lifestyle. These recipes are designed to help you enjoy delicious treats while exploring new ways to satisfy your sweet tooth.

To continue your wellness journey, we've included additional resources you may find valuable.

You can also discover LifeWave X39 patches and learn how they may complement your wellness routine. Designed to support overall wellbeing, they can help promote balance, energy, and vitality.

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