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Former NFL Star Makes *Sweet* Breakthrough in Healthy Desserts

CHARLOTTE, NC – September 17, 2009 – After 14 years in the league, a personal battle with hypoglycemia, and a passion for great taste, Tommy Barnhardt has solved your problem of finding a healthy, yet delicious dessert; Milk Chocolate, Banana, and Coconut crème. What's even better -- they only take **three minutes** to make! Just pour the ingredients into bowl, blend the filling, and scoop into shell and eat!

Why are Guiltless Pleasure Desserts a *healthy* opinion? Each piece of pie carries *few* calories **and** uses *natural* sweeteners that won't raise your blood sugar level! That means these delicious desserts are great options for diabetics and senior citizens. The low sugar content won't promote tooth decay which makes these perfect for kids too! Check out these statistics:

<i>1/8 Serving of Pie</i>	<i>Calories</i>	<i>Sugar</i>
Guiltless Pleasure Desserts	160	5g
Leading Brand #1*	450	47g
Leading Brand #2*	420	41g
Leading Brand #3*	450	33g

*Snack Food and Wholesale Bakery Magazine – September 2008

We started Guiltless Pleasure Desserts with the main goal of offering consumers a way to complete a healthy meal with a dessert that wouldn't pack a ton of calories, taste great, and easy to make. Like the devoted fans of our dessert line, we were tired of continuously sacrificing dessert so we wouldn't ruin otherwise-healthy meals. We set out to create desserts just like well-balanced entrées, complete with a complementary blend of protein, fat, fiber and carbohydrates without sugar, but with few calories while still tasting fantastic

So let's talk taste! Guiltless Pleasure Desserts are rich and creamy, *and* there's no bitter aftertaste! They are the sweet solution the whole family will love!

The bottom line – you no longer have to sacrifice peace of mind, for pleasure! Guiltless Pleasure Desserts are perfect to complete a healthy meal. They won't pack on a ton of calories, taste great, and they're easy to make.
