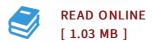




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By Karen E. Barkie

St Martin s Press, United States, 1982. Paperback. Book Condition: New. 208 x 137 mm. Language: English . Brand New Book. At last there s a way to have your cake without the calories and harmful effects of sugar, honey and artificial sweeteners. Karen Barkie has created over 200 imaginative and easy-to-follow recipes for cakes, pies, cookies, breads, sherberts, custard, and much more, sweetened with a variety of fruit and fruit juices--and without one spoonful of sugar! Luscious pinepple cream pie, easy-to-make apple raisin bars, and peach cheesecake are but a few of the delectable--and wholesome-treats in Sweet and Sugarfree. Complete with charts listing caloric and nutritional values, tips on baking with a dozen different flours, and instructions for creating hundreds of toppings and fruit combinations, Sweet and Sugarfree is a delicious contribution to the better health of us all.



Reviews

This book is definitely not straightforward to get started on studying but extremely exciting to read. It is really simplistic but shocks in the 50 percent of the ebook. Once you begin to read the book, it is extremely difficult to leave it before concluding.

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-- Prof. Kirk Cruickshank DDS

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