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***(Madyson Rutherford)***

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Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.In today s culture, sugar-free is often synonymous with artificially sweetened processed foods. No matter how hard the food industry tries to push artificial sweeteners as a healthy alternative to traditional sugar, it doesn t fool us anymore. That s why this book contains a grandiose selection of 30 recipes that could almost grow on trees. They contain only natural, healthy ingredients and are sweetened with the very best that Mother Nature has to offer - fruits, honey, agave and stevia. Try them and you will never crave another sugar-filled cheesecake slice or chicken teriyaki again! Since they also contain no flour, these recipes work very well for diabetics by keeping insulin spikes to a minimum. This cookbook contains 30 naturally sugar-free recipe ideas.



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