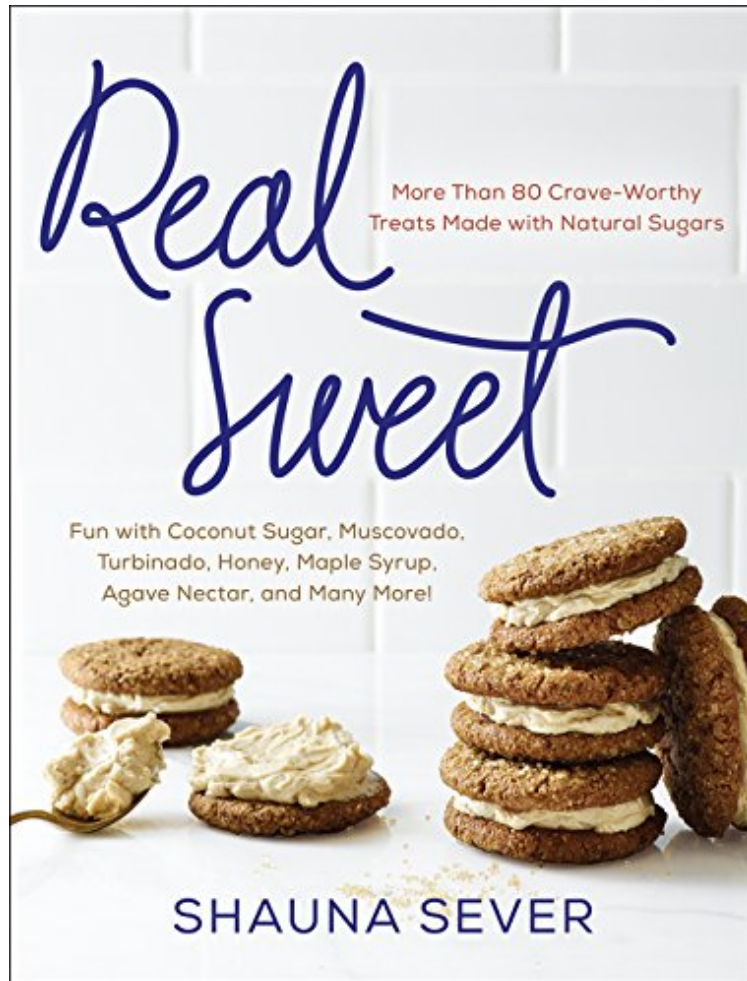


[Read free] Real Sweet: More Than 80 Crave-Worthy Treats Made with Natural Sugars

Real Sweet: More Than 80 Crave-Worthy Treats Made with Natural Sugars

Shauna Sever

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Shauna Sever : Real Sweet: More Than 80 Crave-Worthy Treats Made with Natural Sugars before purchasing it in order to gage whether or not it would be worth my time, and all praised Real Sweet: More Than 80 Crave-Worthy Treats Made with Natural Sugars:

3 of 3 people found the following review helpful. Love her explanations of the various kinds of sugars and ...By Barbara Shaw A new dimension in desserts! Love her explanations of the various kinds of sugars and what kind of nutrients they provide. She also convinced me that she is a bona fide sweet tooth person--no "health food" tasting cardboard cookies for her, so her flavors are truly a treat and most ingredients are easily found. Why did we ever us white processed sugar??5 of 5 people found the following review helpful. Another sweet addition to my cookbook

collection
By L. Johnson I love this book. Love the pictures and her writing style. I actually had no idea about some of the sugars she talks about and uses in these recipes. I am excited to try new things instead of the regular brown and white sugars in my baked goods!
3 of 3 people found the following review helpful. Great ideas for less refined sugars
By Michael Glanzer I have made a few recipes and 2 out of 3 turned out great. I appreciate the swap for less refined sugars. I'm regularly using turbinado now in place of white sugar. The recipes serve fewer people than the original versions. And at times you may be putting forth extra effort with not quite the return. But overall I do like it and look forward to making more recipes.

At last—a modern baking book packed with dozens of recipes for delectable treats using only natural, unrefined, readily available alternative sweeteners. Real Sweet offers every dessert lover the delicious sweetness they crave in simple and delicious recipes using natural sugars that pack in subtly amazing flavors that elevate treats of every kind (and help us avoid overprocessed, one-dimensional white sugar). Here are simple lunchbox treats suitable for all ages; whimsical candies and confections created on the stovetop; bake sale classics like cookies and cakes; and fragrant, exotic spoonable puddings and flans. Cookbook author and blogger Shauna Sever helps you introduce healthy touches into treats using natural, unrefined, readily available alternative sweeteners—from coconut sugar, agave nectar, orange blossom honey, and pure maple syrup to smoky turbinado, brown-buttery panela, and jaggery. Written in Shauna's fresh, modern, and charmingly funny style, Real Sweet lets every sweet tooth indulge without the guilt. Here are more than eighty sure-to-be-favorite recipes, including: All-Day Snacks and Lunchbox Treats: Baked Apple Cinnamon Doughnuts, Cracklin's; Maple Popcorn, Fake-Out Caramel Dip Bake Sales and Edible Gifts: Dark, Fudgy Muscovado Brownies and Maple Sugar Butter Cookies Picnics and Potlucks: Maple Chocolate Cake, Oregon Berry Cream Crumble, Spiced, Bruleed Maple Pumpkin Pie Candies and Confections: Bonfire Toffee Pops and Sea Salt Caramels in the Raw Dinner Party Fancies: Honeyed Yogurt Cheesecake and Pistachio Sponge Cake with Honey and Citrus Scoops and Spoonables: Butterscotch Pots de Crème and Vegan Toasted Coconut Chip Ice Cream Whether yours are entertaining, sharing a good meal with friends, contributing to the PTA, or looking for homemade holiday gifts, Real Sweet has the perfect treat for everyday and every occasion.

From the Back Cover
Fall in love with the magic of natural sugars! From honey and pure maple syrup to smoky muscovado, exotic coconut sugar, and more, there's a world of white-sugar alternatives just waiting to add mind-blowing flavor to your home baking. Real Sweet is the first naturally sweet baking book that's more "hip" than "hippie"—chockablock with eighty-plus recipes ranging from family-friendly favorites to dinner-party showstoppers. This irresistible collection includes Breakfast Cookies; Dark, Fudgy Muscovado Brownies; Raw Sugar and Mascarpone Caramels; and Maple Cream, Chocolate, and Walnut Tart—all without a speck of refined white sugar! Cookbook author and blogger Shauna Sever brings her fresh, modern, and charmingly funny style to this natural-sugars primer, along with tricks for converting your favorite white-sugar recipes, making Real Sweet the go-to inspiration source for the exciting range of natural and unrefined sugars and sweeteners on the market today.
About the Author
Shauna Sever is the author of Pure Vanilla and Marshmallow Madness! and the voice behind the popular blog Piece of Cake. As a baking expert and television host, she has appeared on Food Network, NPR, CHOW, eHowFood, and more. Her work has been published in O, The Oprah Magazine; USA Weekend; Woman's World; Fine Cooking; Parade; the Huffington Post; and many others. She lives with her husband and their two children in San Francisco.