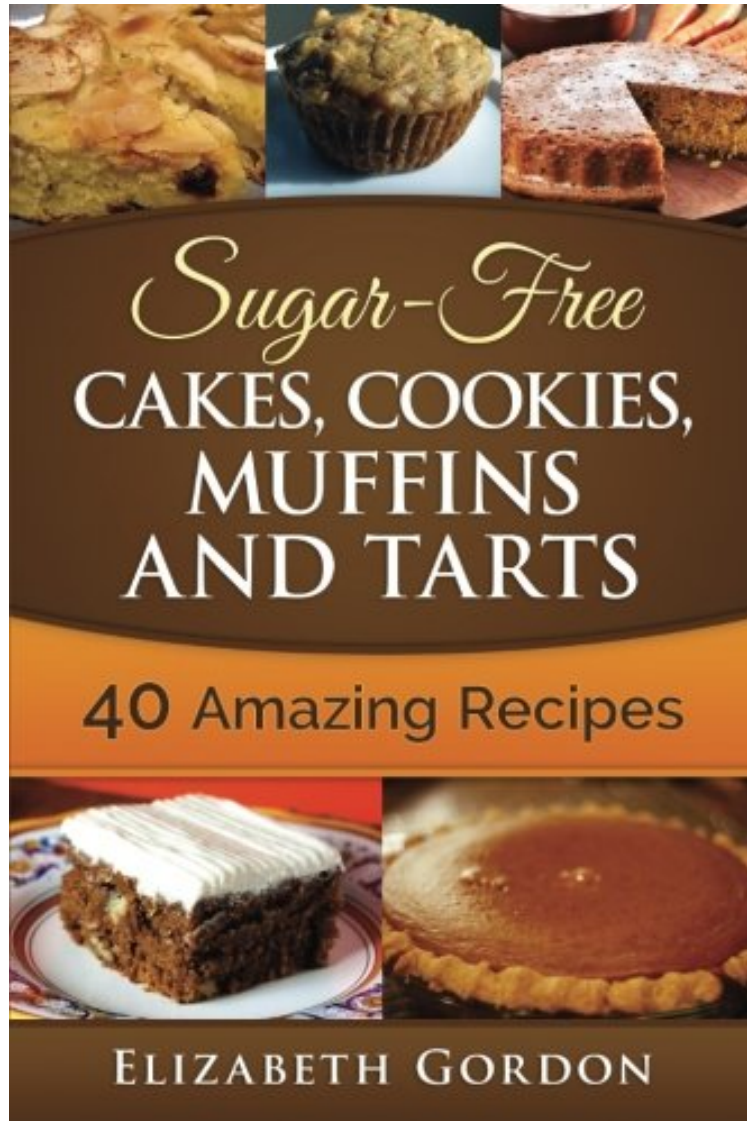


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## Sugar-Free Cakes, Cookies, Muffins and Tarts: 40 Amazing Recipes

*Elizabeth Gordon*

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**Elizabeth Gordon : Sugar-Free Cakes, Cookies, Muffins and Tarts: 40 Amazing Recipes** before purchasing it in order to gage whether or not it would be worth my time, and all praised Sugar-Free Cakes, Cookies, Muffins and Tarts: 40 Amazing Recipes:

2 of 2 people found the following review helpful. Not my favorite book.By CustomerI am always impressed when someone takes the time to share their knowledge in a cookbook for a niche market. This book however did little to educate. The majority of recipes were simply rewritten without sweetener. I noticed only one alternative sweetener. The number of recipes using an alternative did not justify the purchase.2 of 2 people found the following review

helpful. May require a shopping trip!By Kindle CustomerI haven't made anything yet because a lot of different ingredients are not things I have on hand but they all sound good! Being a Type 1 diabetic limiting sugar is very important.2 of 4 people found the following review helpful. Five StarsBy chuckGood book received on time

40 decadent sugar-free recipes, from cakes to cookies and pies to muffins are at your disposal so you don't have to reach for that bar of chocolate or that candy next time you crave for something sweet. The amount of sugar found in food nowadays is staggering! If we were to compare our diet today and the diet of our ancestors the conclusion would be that we consume dozens of times more sugar. In these conditions, there is no wonder that often our system fails and it breaks into what doctors consider the diseases of the century ndash; type II diabetes, obesity and heart problems. This book focuses mostly on desserts that have no refined sugar added and most recipes in fact don't require any other processed sweetener either. Instead, the place of the sweetener has been taken by healthy additions, fresh fruits or interesting flavour combinations so those of you who give these recipes a try have nothing to lose, but only to gain! Simply bake yourself a batch of these and snack on desserts that are both delicious and healthy! Sit back and indulge guilt free.