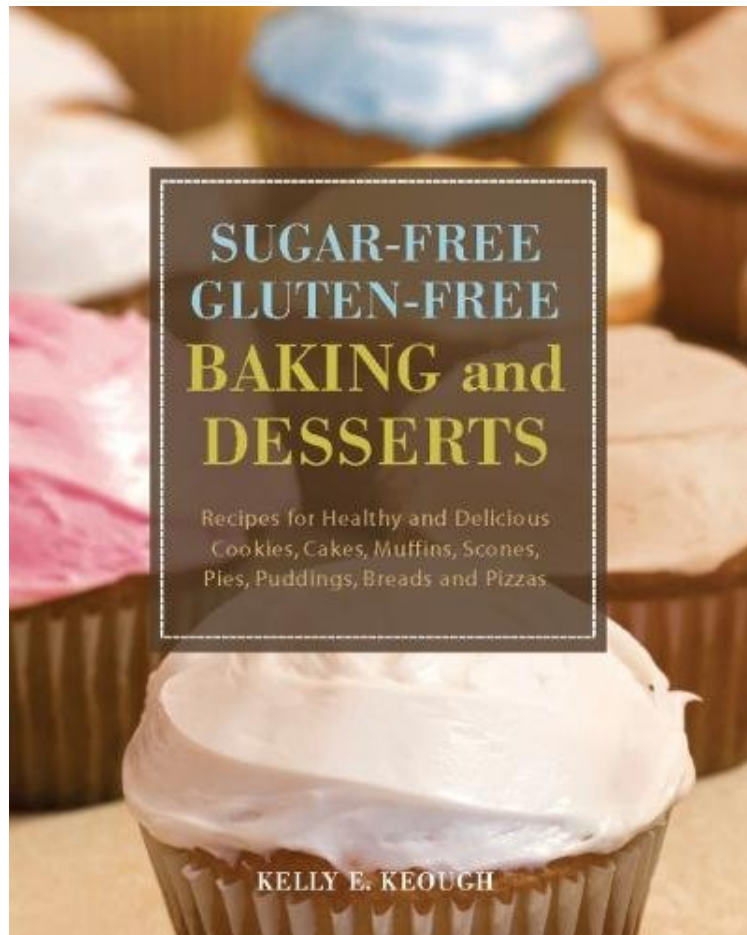


[FREE] Sugar-Free Gluten-Free Baking and Desserts: Recipes for Healthy and Delicious Cookies, Cakes, Muffins, Scones, Pies, Puddings, Breads and Pizzas

## **Sugar-Free Gluten-Free Baking and Desserts: Recipes for Healthy and Delicious Cookies, Cakes, Muffins, Scones, Pies, Puddings, Breads and Pizzas**

*Kelly E. Keough*

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**Kelly E. Keough : Sugar-Free Gluten-Free Baking and Desserts: Recipes for Healthy and Delicious Cookies, Cakes, Muffins, Scones, Pies, Puddings, Breads and Pizzas** before purchasing it in order to gage whether or not it would be worth my time, and all praised Sugar-Free Gluten-Free Baking and Desserts: Recipes for Healthy and Delicious Cookies, Cakes, Muffins, Scones, Pies, Puddings, Breads and Pizzas:

0 of 0 people found the following review helpful. When I had to switch to a low glycemic diet ...By NaagaWhen I had to switch to a low glycemic diet I reluctantly bought this book. Sweets are my biggest hurdle to get over. The first few pages had me wondering if Id made a mistake- beans in brownies? No thank you- but the deeper I read the more excited I got.This woman clearly loves baking and seems to have figured out how to get the most out of this type of

baking. The recipes are varied and even without pictures (which I hate) I got excited about the recipes. Worth a look if you are trying this kind of cooking. 0 of 0 people found the following review helpful. Five Stars By Inna Phoenix Thank you! 0 of 0 people found the following review helpful. Has some good recipes. It is harder to bake this way By suzyq Has some good recipes. It is harder to bake this way, but the book is very helpful.

**HAVE YOUR CAKE AND EAT HEALTHY TOO** Standard baked goods come with a hefty price on your health? weight gain, cholesterol and diabetes, as well as allergies for many people. Sugar-Free Gluten-Free Baking and Desserts shows how to bring taboo treats back to the baking sheet with mouth-watering recipes that transform diet-busting favorites into guilt-free wonders. Following a wholesome approach that avoids quick-metabolizing ingredients, this book presents recipes for delicious desserts and breads that are as satisfying as they are good for the body. Discover the easy and tasty way to bake with healthy alternatives:

- Replace wheat with arrowroot, buckwheat or quinoa flour
- Eliminate sugar by sweetening with agave, yacon or stevia

Sugar-Free Gluten-Free Baking and Desserts offers over 90 delicious and nutritious recipes for:

- Cinnamon Rolls
- Chocolate Chip Cookies
- Old-Fashioned Raspberry Thumbprints
- Almond Joy Truffles
- Carob Chip Scones
- Mexican Wedding Cakes
- Corn Bread
- Peanut Butter Waffles
- Zucchini Bread
- Strawberry-Rhubarb Pie
- Fudge Brownies

**About the Author** Kelly E. Keough spent her childhood and most of her adult life trying to overcome obesity and sugar addiction. She finally found success thanks to a gluten free, sugar free diet which she now teaches on her cooking show called The Sweet Truth on Dish Network's Veria channel.