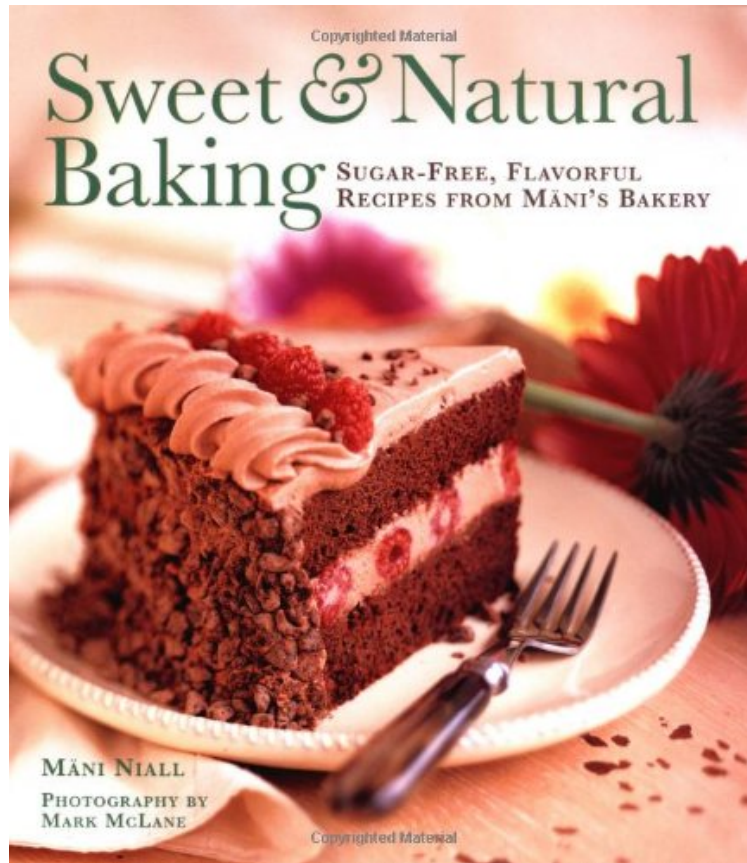


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Sweet and Natural Baking: Sugar-free, Flavorful Recipes from Mani's Bakery

Mani Niall

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Mani Niall : Sweet and Natural Baking: Sugar-free, Flavorful Recipes from Mani's Bakery before purchasing it in order to gage whether or not it would be worth my time, and all praised Sweet and Natural Baking: Sugar-free, Flavorful Recipes from Mani's Bakery:

23 of 23 people found the following review helpful. Excellent! Sugarfree desserts for everyone!By S. YoungThis is such a great book, the whole thing is pleasing and wonderful to look at. And the majority of the recipes I've tried you'll die over! Even ones that don't require any sweetner in them at all. Such as the Banana-Nut Pancakes. Moist, tender and wonderful!My brother and I are very sensitive to even organic sugar and fruit juice is the only thing we've found that doesn't affect us so this book is a treasure!However, note that Fruit-Sweet is this chef's favorite sweetner. BUT he does tell you how to make your own concentrated sweetner with frozen juice concentrate. VERY NICE! Be warned, I thought I'd be daring and try pineapple juice and made the peanut butter cookies. Don't do it! White Grape Juice and White Grape Peach Juice are the ones I've found that you can use for any recipe.Everything in here takes a little time. But if you want something sweet and can't get anything at the nearby grocery or organic store then invest a little and

enjoy this book, it's well worth every penny.0 of 0 people found the following review helpful. The best Dessert book ever and it's Healthy!!!!!!By Ddmatch63The recipes are amazing in this book go guiltless desserts. Never have I seen such delicious and nutritious treats all in once place. Be sure to make the chocolate ganache stuffed heart cookies.0 of 0 people found the following review helpful. 'Fruit Sweet and Sugar Free' and "Sweet and Natural Baking" are ...By Beagle Lady'Fruit Sweet and Sugar Free' and "Sweet and Natural Baking" are both great cookbooks if you are using 'Fruit Sweet' fruit juice sweetener from Wax Orchards. My husband was diagnosed as being pre-diabetic and these cookbooks have been a God send.

Mani Niall's delicious and healthful delicacies will satisfy everyone's craving for goodies, from health-conscious bakers to dessert hedonists. The owner of the celebrated Mani's Bakery in Southern California, Niall has spent years perfecting his technique of baking with no refined sugar--without compromising on flavor. His Sweet and Natural Baking offers 65 recipes for such delights as creamy cheesecake, chewy brownies, magnificent muffins, tangy tarts, and even rich truffles, all made using familiar baking methods. Nothing lifts the spirits like a homemade treat -- and if it's made with wholesome ingredients, it tastes all the sweeter.