

## Sugar Free: Over 60 Recipes with No Added Sugar



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### ***Reviews***

*This sort of book is every little thing and made me searching ahead and more. Sure, it is actually play, nonetheless an amazing and interesting literature. You wont feel monotony at whenever you want of the time (that's what catalogs are for relating to in the event you ask me).*

***(Gavin Bosco IV)***

## SUGAR FREE: OVER 60 RECIPES WITH NO ADDED SUGAR



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Hardie Grant Books (UK). Hardback. Book Condition: new. BRAND NEW, Sugar Free: Over 60 Recipes with No Added Sugar, Sue Quinn, But you won't miss sugar! Here are 65 delicious and innovative recipes for breakfast, snacks, pastries and desserts that allow you start the day with a peanut-butter and chocolate milkshake, snack on raspberry almond focaccia, choose scones for tea and eat chocolate ice cream - all sugar and guilt free. Sue Quinn also has solutions for basics such as ketchup, apple sauce, blueberry jam and bread. Added sugars should not exceed 10% of our daily calories, and ideally less than 5%. Many so-called 'sugar-free' recipes are in fact stuffed with honey, agave or other sugar syrups. While natural, these syrups are in fact full of sugar, have low nutritional value and sometimes contain a high level of fructose. None of these sugar substitutes are used in this book. Instead the recipes are sweetened with fresh and dry fruit. With stylish design and photography, sugar-free food has never looked so enticing!.



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