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Sugar-Free Cookbook: Sweet Foods but No Sugar

Janet Horlsey

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In these days of health consciousness most people know that refined sugars are fattening, cause tooth decay, and have almost no nutritional value- the problem is we keep right on liking them anyway. Janet Horsley has a solution to this problem: sweets that are sweet without refined sugar. contains more than 100 recipes for cakes biscuits puddings and desserts-all of them sweetened naturally with fruit juices carob spices honey coconut molasses or malt extract.

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