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Diabetic Pastry Chef, The

Stacey Harris

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Because everyone deserves sweets! For the more than 20 million Americans who have diabetes, decadent desserts are no longer off-limits. By using blended flours and a combination of sugar and sugar substitutes, reducing milk carbohydrates, and eliminating trans fats, pastry chef and diabetic Stacey Harris has transformed more than 200 desserts into diabetic-friendly delights. Harris shares the sweet secrets of her simple-to-use formula that will convert most any recipe into a lower-carb alternative without compromising taste or quality. Now diabetics can enjoy Chocolate Truffle Cookies, Blueberry Tartlets, Cream Cheese Cupcakes, Coffee Bread Pudding, and hundreds of others.

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