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# Sugar-Free Cooking With Stevia: The Naturally Sweet & Calorie-Free Herb (Revised 3rd Edition)

*Tanya Kirkland, James Kirkland*

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**Sugar-Free Cooking With Stevia: The Naturally Sweet & Calorie-Free Herb (Revised 3rd Edition)**
Tanya Kirkland, James Kirkland
Stevia is an all-natural herbal sweetener up to 300 times sweeter than sugar it contains no calories, no artificial chemicals, and no carbohydrates. It can be used by everyone, even diabetics and children, wont promote tooth decay, and is great for cooking and baking. So why doesnt everyone use stevia?

Good question. Used for centuries in South America and the most popular non-caloric sweetener in Japan, stevia has been unfairly targeted by the FDA read more about the controversy in Chapter 3.

This revolutionary sugar-free cookbook is the ONLY book that gives you:

* Nutritional Information & Food Exchanges

* The Most Frequently Asked Stevia Questions and Answers

* How to Choose the Best Stevia and Use It Successfully

* Conversion Charts Complete and Easy-To-Use for Stevia, Sugar, and Artificial Sweeteners

* A Choice Between Cooking with Pure Stevia Extract, Stevia Blends, or Packets of Stevia

* The Use of Basic Ingredients You Already Have in Your Kitchen

* Best of All, Over 200 delicious recipes everyone will love!

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**Shawn Farr:**

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The reason? Because this Sugar-Free Cooking With Stevia: The Naturally Sweet & Calorie-Free Herb (Revised 3rd Edition) is an unordinary book that the inside of the reserve waiting for you to snap that but latter it will distress you with the secret the item inside. Reading this book close to it was fantastic author who write the book in such incredible way makes the content interior easier to understand, entertaining way but still convey the meaning completely. So , it is good for you because of not hesitating having this any longer or you going to regret it. This book will give you a lot of rewards than the other book get such as help improving your expertise and your critical thinking approach. So , still want to hold up having that book? If I ended up you I will go to the e-book store hurriedly.

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