



**The Everything Naturally Sugar-Free Cookbook:
Includes Apple Cinnamon Waffles, Chicken
Lettuce Wraps, Tomato and Goat Cheese Pastries,
Peanut Butter Truffles, ... Eclairs...and Hundreds
More! (Everything®)**

Annie Forsyth, Holly Forsyth

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Kick your sugar habit with easy and delicious recipes!

Got a sweet tooth? You're not alone. Americans consume more than 90 pounds of added sugar per person, per year--that's twice as much as the recommended amount! Sugar isn't just bad for your waistline, either. Some scientists now believe that sugar itself is toxic; excess sugar is linked to diabetes, heart disease, and chronic inflammation. So what's a sweet lover to do in this overly sugared society? *The Everything Naturally Sugar-Free Cookbook* gives you reasonable, delicious strategies to eliminate refined sugars from your diet. You'll never miss the processed sweeteners in these irresistible, all-natural recipes:

- Almond Poppy Seed Muffins
- Cinnamon Kale Chips
- Honey Mustard Dressing
- Maple-Glazed Salmon
- Pumpkin Pecan Pasta
- Chocolate Cream Sandwich Cookies
- Frozen S'mores
- Salted Honey Caramels

With 300 delicious, easy-to-make recipes for every meal of the day, you'll improve your health the natural way--and kick your sugar habit for good!

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Blair Chappell:

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valuable than other. Do you want to become one among it? It is just simple approach to have that. What you must do is just spending your time almost no but quite enough to possess a look at some books. One of many books in the top listing in your reading list is actually The Everything Naturally Sugar-Free Cookbook: Includes Apple Cinnamon Waffles, Chicken Lettuce Wraps, Tomato and Goat Cheese Pastries, Peanut Butter Truffles, ... Eclairs...and Hundreds More! (Everything®). This book that is certainly qualified as The Hungry Inclines can get you closer in turning out to be precious person. By looking up and review this reserve you can get many advantages.

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