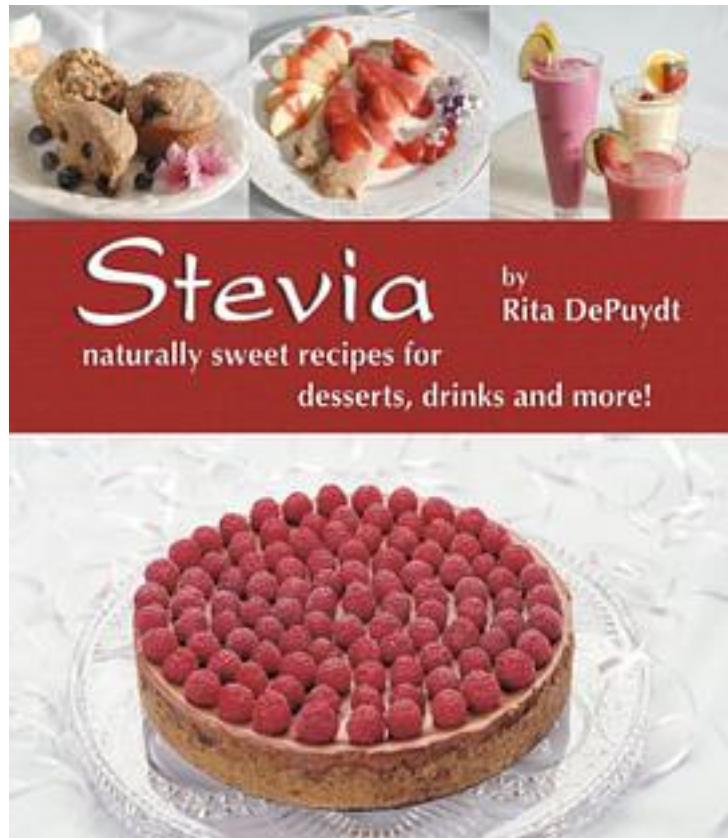


# Stevia - Naturally Sweet Recipes for Desserts, Drinks and More



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The two popular volumes of Baking with Stevia I and II are now combined in this all-inclusive cookbook on preparing everything from desserts and baked goods to salads and shakes. Stevia crystals are made from a sweet herb native to South America and are completely calorie-free. Stevia is the perfect sweetener for anyone wanting to

limit their intake of simple carbohydrates and calories--naturally. Enjoy your favorite recipes from the original editions (now lower in fat) as well as popular new recipes and quick-to-make basics. Also included are sources of powdered stevia, nutritional analyses for the recipes, a recipe index organized by main ingredient, and a section on how to grow your own stevia and prepare the fresh leaves.

作者介绍:

目录:

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