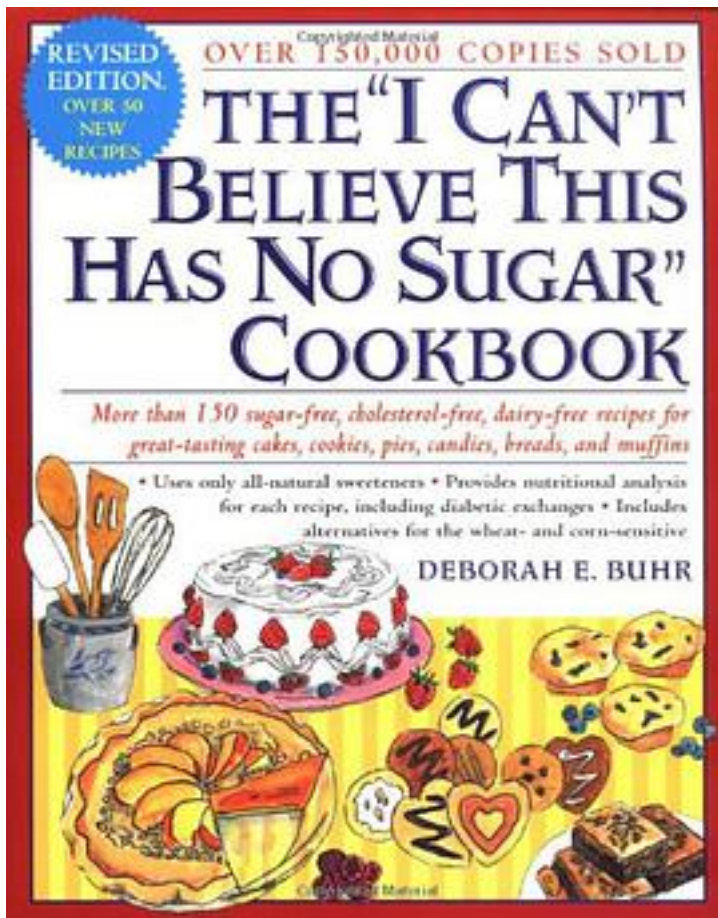


The I Can't Believe This Has No Sugar Cookbook



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It's hard to believe that these tempting and delicious baked favorites contain no sugar, honey, or artificial sweetners:

Chocolate-Coconut Cake

Spelt Whole-Grain Yeast Bread

Peach Pie

Sugar-free, Dairy-free Fudge

Blueberry Crisp

Summer Afternoon Malt

Whole-Wheat Raisin Cookies

Graham-Cracker Cookie Cutouts

Apple-Nut Cinnamon Rolls

Raspberry Popsicles

The secret is fruit, pure and natural, along with fruit juice concentrates, date sugar, and other healthful alternatives to sugar. All recipes are dairy-free and most are cholesterol-free and can be adapted for common food allergies. Deborah Buhr's family-tested recipes are irresistibly good--perfect for children, diabetics, calorie counters, the food allergic, and anyone with a "healthy" sweet tooth.

作者介绍:

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