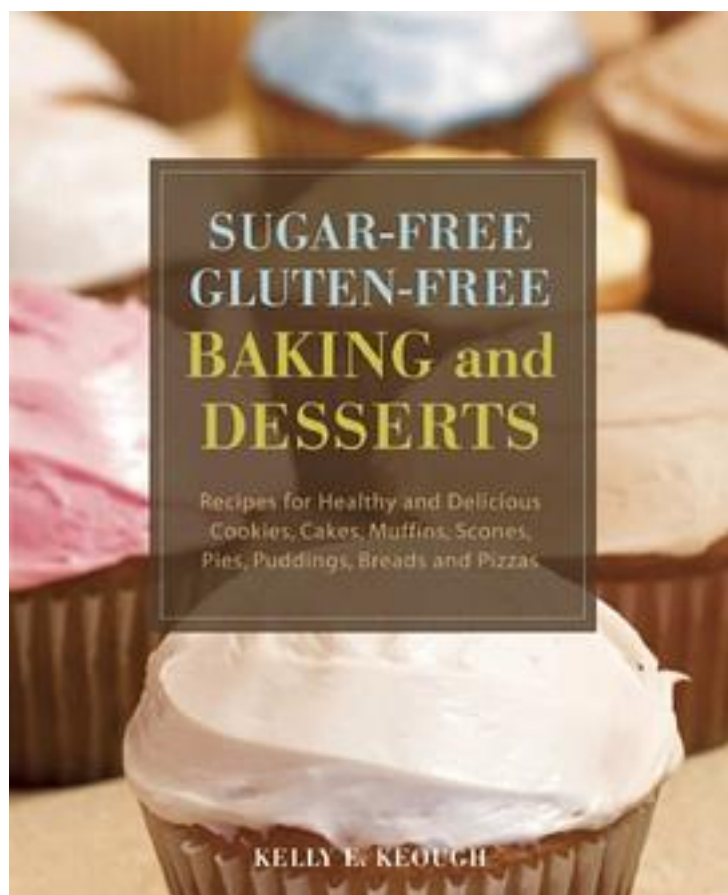


Sugar-free Gluten-free Baking and Desserts



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HAVE YOUR CAKE AND EAT HEALTHY TOO Standard baked goods come with a hefty price on your health--weight gain, cholesterol and diabetes, as well as allergies for many people. Sugar-Free Gluten-Free Baking and Desserts shows how to bring taboo treats back to the baking sheet with mouth-watering recipes that transform

diet-busting favorites into guilt-free wonders. Following a wholesome approach that avoids quick-metabolizing ingredients, this book presents recipes for delicious desserts and breads that are as satisfying as they are good for the body. Discover the easy and tasty way to bake with healthy alternatives: ♥ Replace wheat with arrowroot, buckwheat or quinoa flour ♥ Eliminate sugar by sweetening with agave, yacon or stevia Sugar-Free Gluten-Free Baking and Desserts offers over 90 delicious and nutritious recipes for: Cinnamon Rolls Chocolate Chip Cookies Old-Fashioned Raspberry Thumbprints Almond Joy Truffles Carob Chip Scones Mexican Wedding Cakes Corn Bread Peanut Butter Waffles Zucchini Bread Strawberry-Rhubarb Pie Fudge Brownies About the Author Kelly E. Keough is an expert healthy chef, author and host of The Sweet Truth cooking show on Veria TV. She lives in Los Angeles.

作者介绍:

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