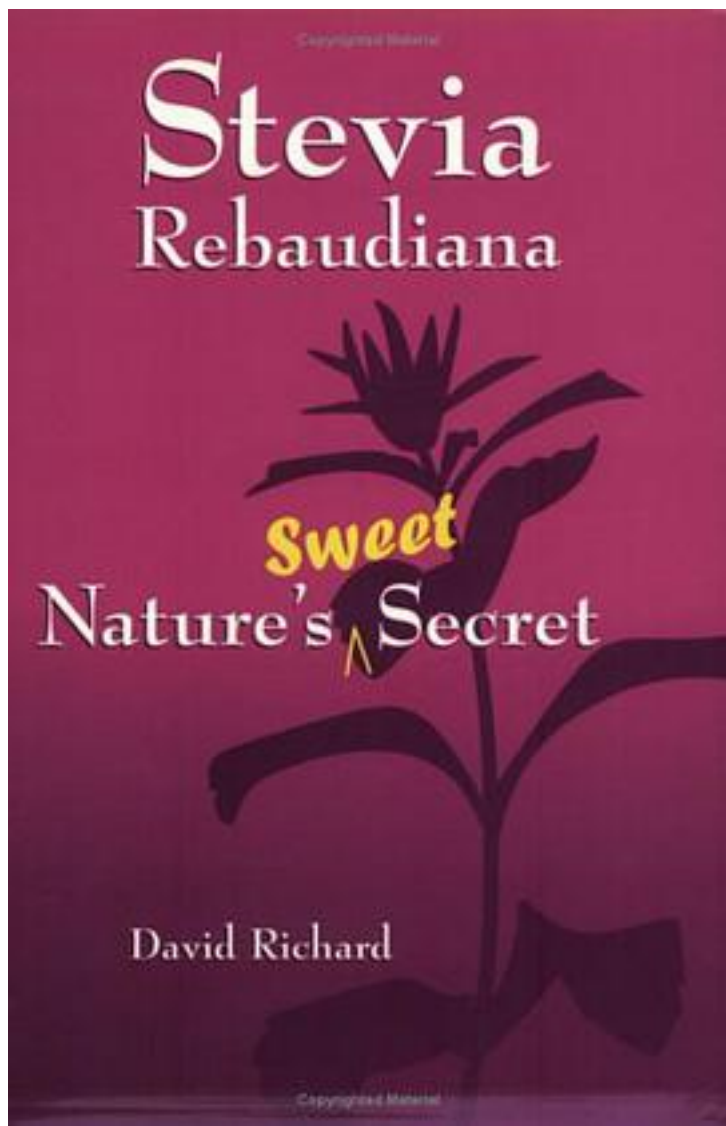


Stevia Rebaudiana



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著者:Richard, David

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This best-selling book introduces the herbal sweetener, Stevia. An all-natural, non-caloric, non-glycemic, super-sweet powder (or liquid), Stevia is extracted from the leaves of the Paraguayan "Honey-Leaf" plant and is used extensively around the world. Includes sections on the plant's history, botany, pharmacology, usage and safety - with nearly two dozen Stevia recipes. Includes a Q/A section and a new chapter on Growing Your Own Stevia at home in your kitchen or garden.

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