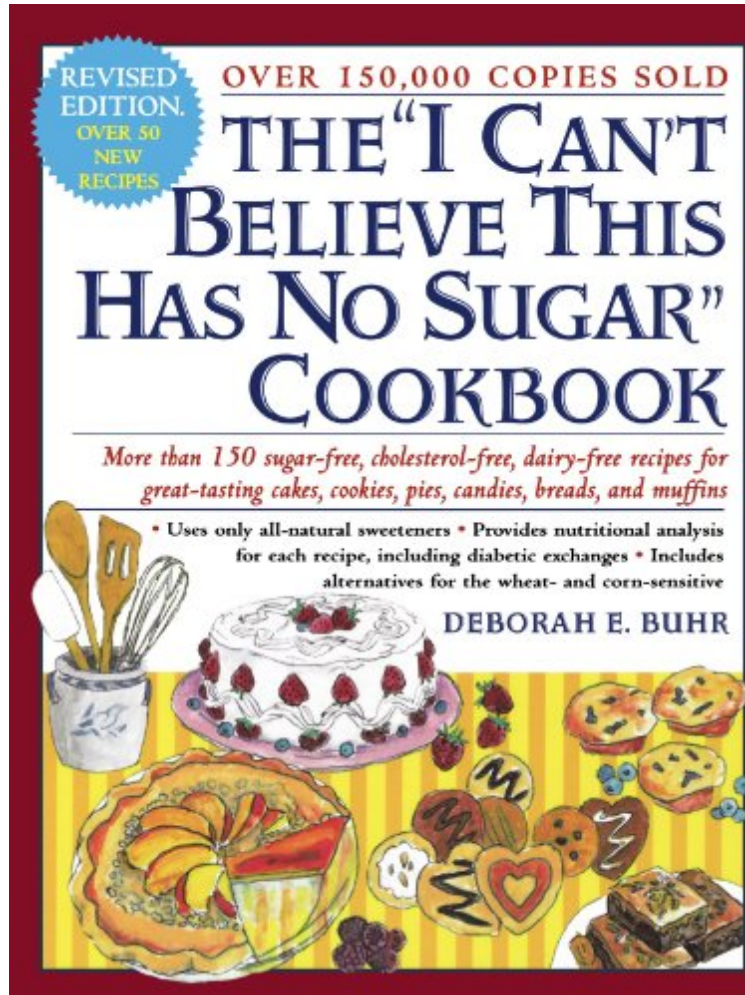


The quot;I Can't Believe This Has No Sugarquot; Cookbook

Deborah E. Buhr

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#693358 in Books Buhr, Deborah E. 1997-05-15 1997-05-15 Original language: English PDF # 1 .36 x .67 x 6.96l, .86 #File Name: 0312155514240 pages | File size: 26.Mb

Deborah E. Buhr : The quot;I Can't Believe This Has No Sugarquot; Cookbook before purchasing it in order to gage whether or not it would be worth my time, and all praised The quot;I Can't Believe This Has No Sugarquot; Cookbook:

5 of 5 people found the following review helpful. Delicious recipes, Highly recommend great tasting no sugar natural ingredient book By Nanade I bought this book 8 years ago, and LOVE the delicious recipes, I even bought a book for each of my grown children so they could cook healthy delicious desserts without sugar. After 8 years of constant use, pages were falling out of my book, so HAD to order a new book...this is one cookbook I just can't do without! I'm diabetic, so is my mom, brother, and both sons. My daughter also had gestational diabetes. So we all try to eat healthy. Only one thing I change when I cook recipes in this book. Instead of using unbleached flour, I use 75% whole wheat flour mixed with 25% unbleached flour. Does not change the great taste of recipes, but adds fiber and makes the

recipes even healthier. Some recipes I also cut the salt in half because low salt is also very important for diabetics. 1 of 1 people found the following review helpful. NOT TRUE. Very deceiving. NOT suitable for diabetics ...By Maine rose NOT TRUE. Very deceiving. NOT suitable for diabetics. They use frozen fruit juice concentrate in place of sugar. Frozen juice contains heavy amounts of natural fruit sugar to the point one might as well use regular processed sugar. In other words, same sugar, different source. 0 of 0 people found the following review helpful. Nice book By PJ B. America eats too much sugar. This is a great book to learn how to satisfy your sweet tooth with no sugar.

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

With this cookbook in hand, bakers can now whip up a yummy assortment of healthier goodies. Cookbook Digest; [An] outstanding baking and dessert book, using all-natural sweeteners. World of Cookbooks; Anyone who is interested in cutting down or eliminating sugar from their diet will be anxious to try these recipes. Booklist; From the Back Cover It's hard to believe that these tempting and delicious baked favorites contain no sugar, honey, or artificial sweeteners: 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; and 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. About the Author Deborah E. Buhr lives in Sumner, Iowa. She created her sugar-free recipes when members of her family developed food allergies and sugar sensitivity.