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Sweet and Sugarfree: An All-Natural, Fruit-Sweetened Dessert Cookbook

By Karen E. Barkie

St Martin's Press, United States, 1982. Paperback. Book Condition: New. 208 x 137 mm. Language: English . Brand New Book. At last there's a way to have your cake without the calories and harmful effects of sugar, honey and artificial sweeteners. Karen Barkie has created over 200 imaginative and easy-to-follow recipes for cakes, pies, cookies, breads, sherberts, custard, and much more, sweetened with a variety of fruit and fruit juices--and without one spoonful of sugar! Luscious pineapple cream pie, easy-to-make apple raisin bars, and peach cheesecake are but a few of the delectable--and wholesome--treats in Sweet and Sugarfree. Complete with charts listing caloric and nutritional values, tips on baking with a dozen different flours, and instructions for creating hundreds of toppings and fruit combinations, Sweet and Sugarfree is a delicious contribution to the better health of us all.



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Reviews

It is an awesome publication which i actually have ever read through. it had been written really properly and valuable. I found out this book from my i and dad recommended this pdf to discover.

-- Doyle Schmeler

This book is definitely not simple to begin on studying but quite fun to see. I actually have read and that i am sure that i will gonna read through yet again once again in the foreseeable future. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- Brennan Koelpin