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Sugar-Free All Day - The Modern Sugar Detox Eating Guide for Eliminating Processed Sugar from Your Diet (Paperback)

By Sugar Free Cookbook

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Sugar-Free All Day - The Modern Sugar Detox Eating Guide for Eliminating Processed Sweeteners Looking to eliminate processed sugar from your diet If you re looking to eliminate processed sugar from your diet, this book is a good addition to your cookbook collection. It features natural and wholesome ingredients and zero processed sugar. You are invited to experiment as each sweetener, whether honey, agave, maple syrup, date puree or stevia, adds a different taste and texture to food. In most regular recipes, the sugar content could be cut in half and the result would be just as palatable. Thus, you can adjust the addition of sweeteners in these refined sugar-free recipes according to your personal taste. As you learn to cook without refined sugar, you will eventually realize that a little goes a long way. Modern dietary guidelines recommend keeping total sugar intake between 5 and 10 teaspoons a day. This gives you a bit of room for naturally-sweetened treats. Explore new ways of cooking without refined sugars and you will see your cravings diminish. Once you free...



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