

Naturally Sugar-Free - Everyday Fish Seafood Recipes: Delicious Sugar-Free and Diabetic-Friendly Recipes for the Health-Conscious



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Reviews

Great e book and beneficial one. It is amongst the most awesome pdf i actually have read through. You wont feel monotony at at any time of your own time (that's what catalogs are for relating to if you request me).
(Dorothy Daugherty)

NATURALLY SUGAR-FREE - EVERYDAY FISH SEAFOOD RECIPES: DELICIOUS SUGAR-FREE AND DIABETIC-FRIENDLY RECIPES FOR THE HEALTH-CONSCIOUS



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Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.In today's culture, sugar-free is often synonymous with artificially sweetened processed foods. No matter how hard the food industry tries to push artificial sweeteners as a healthy alternative to traditional sugar, it doesn't fool us anymore. That's why this book contains a grandiose selection of 30 recipes that could almost grow on trees. They contain only natural, healthy ingredients and are sweetened with the very best that Mother Nature has to offer - fruits, honey, agave and stevia. Try them and you will never crave another sugar-filled cheesecake slice or chicken teriyaki again! Since they also contain no flour, these recipes work very well for diabetics by keeping insulin spikes to a minimum. This cookbook contains 30 naturally sugar-free recipe ideas.

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