Sugar Free: Over 60 Recipes with No Added Sugar

By Sue Quinn

Hardie Grant Books (UK). Hardback. Book Condition: new. BRAND NEW, Sugar Free: Over 60 Recipes with No Added Sugar, Sue Quinn, But you won't miss sugar! Here are 65 delicious and innovative recipes for breakfast, snacks, pastries and desserts that allow you start the day with a peanut-butter and chocolate milkshake, snack on raspberry almond focaccia, choose scones for tea and eat chocolate ice cream - all sugar and guilt free. Sue Quinn also has solutions for basics such as ketchup, apple sauce, blueberry jam and bread.Added sugars should not exceed 10% of our daily calories, and ideally less than 5%. Many so-called 'sugar-free' recipes are in fact stuffed with honey, agave or other sugar syrups. While natural, these syrups are in fact full of sugar, have low nutritional value and sometimes contain a high level of fructose. None of these sugar substitutes are used in this book. Instead the recipes are sweetened with fresh and dry fruit.With stylish design and photography, sugar-free food has never looked so enticing!.

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