



## Sugar-Free Baking: Healthy cakes and bakes for dieters and diabetics (Paperback)

By Sue Simkins

Little, Brown Book Group, United Kingdom, 2016. Paperback. Condition: New. Language: English . Brand New Book. The potentially toxic effects of sugar are now well known. This book shows how you can still eat the food you enjoy by replacing sugar with a natural sugar substitute. You ll find sugar-free, and therefore healthier, recipes for:- Brownies- Muffins- Sponge cakes and fruit cakes- Scones, pies and tartsThe delicious recipes in this book use xylitol as a natural sugar substitute, because it has benefits for your teeth, and for those with diabetes, and is much less fattening than sugar. Because xylitol is as sweet as sugar, you can use exactly the same amount of xylitol as you would use sugar in your baking recipes.



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