



# **Naturally Sugar-Free - Dessert Ideas: Delicious Sugar-Free and Diabetic-Friendly Recipes for the Health-Conscious**

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## **Naturally Sugar-Free - Dessert Ideas: Delicious Sugar-Free and Diabetic-Friendly Recipes for the Health-Conscious** Naturally Sugar-Free

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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