



The Sugarless Cookbook Volume 2

Margo Embury, Patricia Holdsworth

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The Sugarless Cookbook Volume 2 Margo Embury, Patricia Holdsworth

The Sugarless Cookbook Volume 2 by Numerous reader requests for more sugarless recipes inspired Nellie Hum to create these wonderful new treats. Natural fruit juices and fruit are used as sweeteners. Now you can make delicious healthier versions of pickles, ketchup, chili sauces and chutneys. Exciting new cakes, cookies and desserts, including Poppy Seed Torte and Black Forest Cake, will sooth your sweet tooth. Many recipes have also been adapted for low-calorie and low-cholesterol diets.

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