



Sweet and Sugar Free: An All Natural Fruit-Sweetened Dessert Cookbook

Karen E. Barkie

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At last there's a way to have your cake without the calories and harmful effects of sugar, honey and artificial sweeteners. Karen Barkie has created over 200 imaginative and easy-to-follow recipes for cakes, pies, cookies, breads, sherberts, custard, and much more, sweetened with a variety of fruit and fruit juices--and without one spoonful of sugar! Luscious pineapple cream pie, easy-to-make apple raisin bars, and peach cheesecake are but a few of the delectable--and wholesome--treats in *Sweet and Sugarfree*. Complete with charts listing caloric and nutritional values, tips on baking with a dozen different flours, and instructions for creating hundreds of toppings and fruit combinations, *Sweet and Sugarfree* is a delicious contribution to the better health of us all.

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