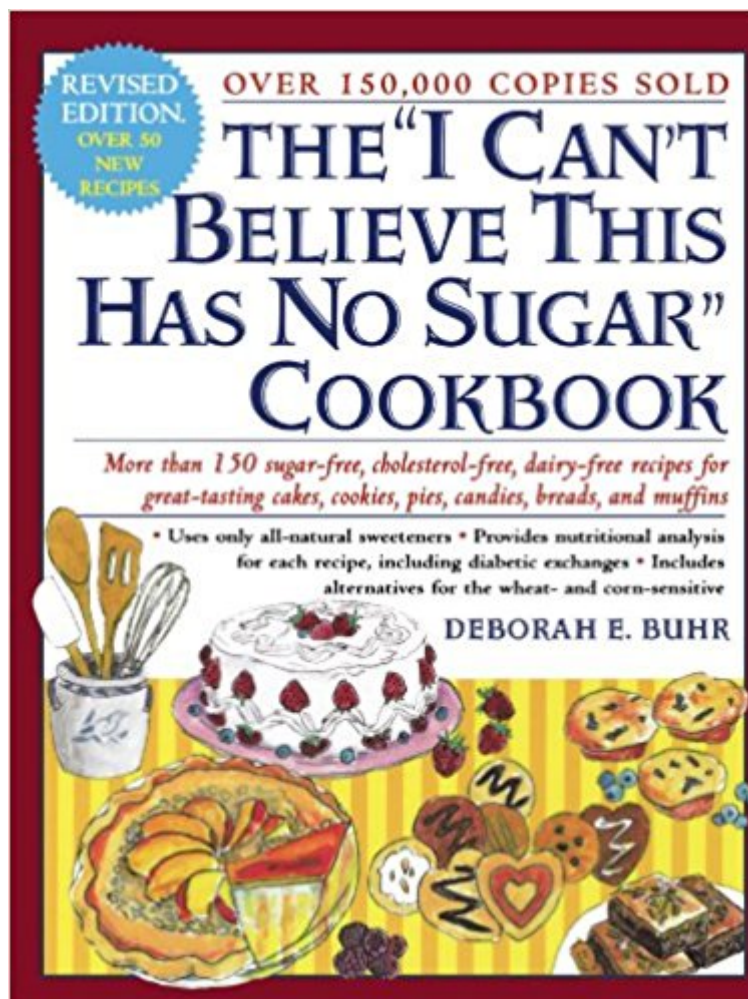




The book was found

# The "I Can't Believe This Has No Sugar" Cookbook



## Synopsis

It's hard to believe that these tempting and delicious baked favorites contain no sugar, honey, or artificial sweeteners: Chocolate-Coconut Cake, Spelt Whole-Grain Yeast Bread, Peach Pie, Sugar-free, Dairy-free Fudge, Blueberry Crisp, Summer Afternoon Malt, Whole-Wheat Raisin Cookies, Graham-Cracker Cookie Cutouts, Apple-Nut Cinnamon Rolls, Raspberry Popsicles. The secret is fruit, pure and natural, along with fruit juice concentrates, date sugar, and other healthful alternatives to sugar. All recipes are dairy-free and most are cholesterol-free and can be adapted for common food allergies. Deborah Buhr's family-tested recipes are irresistibly good--perfect for children, diabetics, calorie counters, the food allergic, and anyone with a "healthy" sweet tooth.

## Book Information

Paperback: 240 pages

Publisher: St. Martin's Griffin; Revised edition (May 15, 1997)

Language: English

ISBN-10: 0312155514

ISBN-13: 978-0312155513

Product Dimensions: 7 x 0.7 x 0.4 inches

Shipping Weight: 14.4 ounces (View shipping rates and policies)

Average Customer Review: 3.9 out of 5 stars 50 customer reviews

Best Sellers Rank: #489,502 in Books (See Top 100 in Books) #105 in [Books > Cookbooks, Food & Wine > Special Diet > Low Cholesterol](#) #180 in [Books > Cookbooks, Food & Wine > Special Diet > Heart Healthy](#) #444 in [Books > Cookbooks, Food & Wine > Special Diet > Diabetic & Sugar-Free](#)

## Customer Reviews

“With this cookbook in hand, bakers can now whip up a yummy assortment of healthier goodies.”  
“[An] outstanding baking and dessert book, using all-natural sweeteners.”  
“World of Cookbooks”  
“Anyone who is interested in cutting down or eliminating sugar from their diet will be anxious to try these recipes.”  
Booklist

It's hard to believe that these tempting and delicious baked favorites contain no sugar, honey, or artificial sweeteners: Chocolate-Coconut Cake; Spelt Whole-Grain Yeast Bread; Peach Pie; Sugar-Free, Dairy-Free Fudge; Blueberry Crisp; Summer Afternoon Malt; Whole-Wheat Raisin

Cookies; Graham-Cracker Cookie Cutouts; Apple-Nut Cinnamon Rolls; and Raspberry Popsicles. The secret is fruit, pure and natural, along with fruit juice concentrates, date sugar, and other healthful alternatives to sugar. All recipes are dairy-free and most are cholesterol-free and can be adapted for common food allergies. Deborah Buhr's family-tested recipes are irresistibly good - perfect for children, diabetics, calorie counters, the food allergic, and anyone with a "healthy" sweet tooth.

I bought this book 8 years ago, and LOVE the delicious recipes, I even bought a book for each of my grown children so they could cook healthy delicious desserts without sugar. After 8 years of constant use, pages were falling out of my book, so HAD to order a new book...this is one cookbook I just can't do without! I'm diabetic, so is my mom, brother, and both sons. My daughter also had gestational diabetes. So we all try to eat healthy. Only one thing I change when I cook recipes in this book. Instead of using unbleached flour, I use 75% whole wheat flour mixed with 25% unbleached flour. Does not change the great taste of recipes, but adds fiber and makes the recipes even healthier. Some recipes I also cut the salt in half because low salt is also very important for diabetics.

NOT TRUE. Very deceiving. NOT suitable for diabetics. They use frozen fruit juice concentrate in place of sugar. Frozen juice contains heavy amounts of natural fruit sugar to the point one might as well use regular processed sugar. In other words, same sugar, different source.

America eats too much sugar. This is a great book to learn how to satisfy your sweet tooth with no sugar.

Received book promptly. Am looking forward to creating some delicious food using this book.

I was very interested in this book due to my recent diagnosis of pre-diabetes. I've been advised to steer clear of simple sugars, esp. white sugar, white flour, rice and potatoes. I thought this book would be a great addition to my cookbook library, but alas it was not. Unfortunately the authors simply omit white sugar from the recipes, but still include huge amounts of simple sugars through white flour and fruit juice concentrates. If you are specifically allergic to white sugar, then this book might be for you. If, however, you're a diabetic trying to cut out simple sugars I'd pass on this book.

The recipes are fantastic. The hints in the back are great and stimulate other ways to change your old recipes. Great gift for the new bride.

love it!

A lady at church loaned me her copy because I am always searching for diabetic friendly recipes. There were too many good ones to copy so I purchased my own copy. The recipes are a recondense without many of the "out there" ingredients. The only issue I found lacking was in the nutritional info...why does no one ever list the sugar grams like on labeling?

[Download to continue reading...](#)

The "I Can't Believe This Has No Sugar" Cookbook Easy Asian Cookbook Box Set: Easy Korean Cookbook, Easy Filipino Cookbook, Easy Thai Cookbook, Easy Indonesian Cookbook, Easy Vietnamese Cookbook (Korean ... Recipes, Asian Recipes, Asian Cookbook 1) Mug Recipes Cookbook : 50 Most Delicious of Mug Recipes (Mug Recipes, Mug Recipes Cookbook, Mug Cookbook, Mug Cakes, Mug Cakes Cookbook, Mug Meals, Mug Cookbook) (Easy Recipes Cookbook 1) Easy European Cookbook Box Set: Easy English Cookbook, Easy Greek Cookbook, Easy French Cookbook, Easy Irish Cookbook, Easy German Cookbook, Easy Portuguese ... Portuguese Recipes, Irish Recipes 1) Instant Pot Cookbook: 500 Instant Pot Recipes Cookbook for Smart People (Instant Pot, Instant Pot Recipes, Instant Pot Recipes Cookbook, Instant Pot Electric Pressure Cooker Cookbook) Crock Pot: Everyday Crock Pot and Slow Cooker Recipes for Beginners (Slow Cooker, Slow Cooker Cookbook, Slow Cooker, Slow Cooker Cookbook, Crockpot Cookbook, ... Low Carb ) (Cookbook delicious recipes 1) Air Fryer Cookbook: The World's No. 1 Low Fat Fryer, The Ultimate Healthy Delicious Recipes Cookbook (clean eating, healthy cookbook, air fryer recipes cookbook, ) Easy Spring Roll Cookbook: 50 Delicious Spring Roll and Egg Roll Recipes (Spring Roll Recipes, Spring Roll Cookbook, Egg Roll Recipes, Egg Roll Cookbook, Asian Recipes, Asian Cookbook Book 1) Gastric Sleeve Cookbook: Delicious Recipes to Recover Yourself After Bariatric Weight Loss Surgery (Gastric Sleeve Cookbook, Bariatric Cookbook, Bariatric ... Bypass Cookbook, Gastric Sleeve Book 1) Bariatric Cookbook: Delicious Recipes for Your Gastric Sleeve Recovery (Gastric Sleeve Cookbook, Bariatric Cookbook, Bariatric Surgery, Gastric Bypass Cookbook, Gastric Sleeve Book 2) Gastric Sleeve Cookbook: Delicious Recipes to Recover Yourself After Bariatric Weight Loss Surgery (Gastric Sleeve Cookbook, Bariatric Cookbook, ... Bypass Cookbook, Gastric Sleeve) (Volume 1) Atkins Diet: Dr Atkins New Diet Revolution - 6 Week Low Carb Diet Plan for You (Atkins Diet Book, Low Carb Cookbook, Atkins

Diet Cookbook, High Protein Cookbook, New Atkins Diet) Instant Pot Recipes Cookbook:  
Anti-Inflammation Diet Recipes For Optimal Healthy Lifestyle(Instant Pot Cookbook, Anti  
Inflammatory Diet, Clean Eating, Pressure cooker cookbook,low carb diet) Ketogenic Diet: 55  
Budget-Friendly Recipes to Lose Weight. A Low Carb Cookbook for Beginners. (Ketogenic recipes,  
Ketogenic Cookbook for Weight Loss, Ketogenic Cookbook for beginners) Weight Watchers: Weight  
Watchers Cookbook-> Watchers Cookbook- Weight Watchers 2016 Weight Watchers Cookbook -  
Points Plus - Points Plus-Weight ... Points Plus, Weight Watchers 2016) (Volume 1) Anti  
Inflammatory Diet: 4 Manuscripts: Insulin Resistance Diet, Plant Based Diet Cookbook, Insulin  
Resistance Cookbook, Healthy Eating (Anti Inflammatory Diet Cookbook Bundle) Paleo Diet: 55  
Budget-Friendly Recipes to Lose Weight. A Low Carb Cookbook for Beginners. (Paleo recipes,  
Paleo Cookbook for Weight Loss, Paleo Diet, Paleo Cookbook) (weight loss book) Easy Crepe  
Cookbook: 50 Delicious Crepe Recipes (Crepe Recipes, Crepe Cookbook, Breakfast Recipes,  
Breakfast Cookbook Book 1) Campbell's 3 Books in 1: 4 Ingredients or Less Cookbook, Casseroles  
and One-Dish Meals Cookbook, Slow Cooker Recipes Cookbook Cookbook For Teens: Teen  
Cookbook - The Simple and Healthy Teen Cookbook - Easy and Delicious Recipes For Teenagers

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)