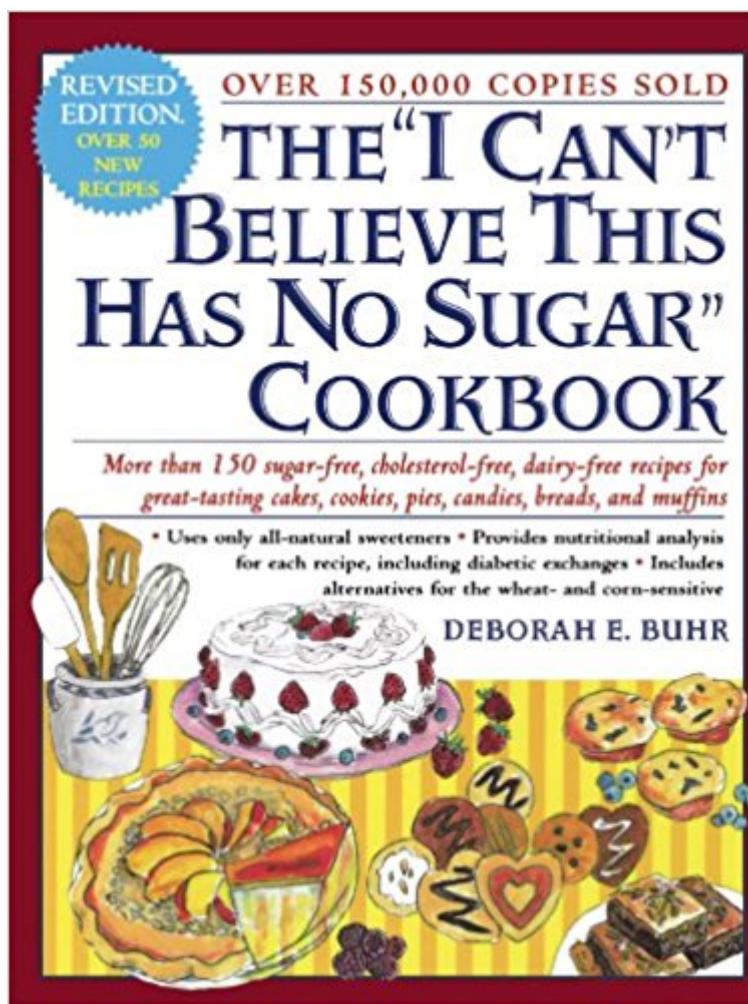


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# The "I Can't Believe This Has No Sugar" Cookbook



## Synopsis

It's hard to believe that these tempting and delicious baked favorites contain no sugar, honey, or artificial sweetners: 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

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## Customer Reviews

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

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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 concise 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?

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