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Cooking with Nature's
Calorie-Free Sweetener

Ray Sahelian, M.D., and Donna Gates

Stevia Cookbook Cooking With Natures Caloriefree Sweetener

Kelly E. Keough



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The Sweetener Trap and How to Avoid It Beatrice Trum Hunter, 2010-05 With this expanded revision of the 1982 classic The Sugar Trap Beatrice Trum Hunter noted writer on food issues brings readers invaluable help for avoiding the sweetener trap She exposes facts about today s many sweeteners from aspartame to stevia sucralose and xylitol With careful research and well weighed advice Hunter explains why it is important to limit all added sugars With awareness readers can do it despite misleading labeling sly marketing tactics and vague federal recommendations for sweetener intake that reflect research bias and strong pressures from sweetener interests

Better Nutrition , 2000-02 Reaching nearly 1 million readers monthly Better Nutrition celebrates 70 years as a leading in store distributed magazine for health conscious consumers Widely distributed to thousands of health food stores and grocery chains across the country Better Nutrition provides authoritative well researched information on food nutrition dietary concerns supplements and other natural products

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Stevia Sweet Recipes Jeffrey Goettmoeller, 2014-01-23 Stevia Sweet Recipes offers health conscious readers over 165 kitchen tested recipes that use Stevia a calorie free nonglycemic herbal sweetener in place of refined sugar or artificial sweeteners Enjoy the author's many creative dishes from healthy breakfast shakes to sensational salads to luscious desserts while learning how to use this amazing herb in your own treasured family dishes Soon you'll be sweetening all your foods the natural way with Stevia

The Coconut Miracle Cookbook Bruce Fife, 2014-10-07 Bruce Fife bestselling author of The Coconut Oil Miracle presents a companion cookbook and a complete guide to reaping all the health and beauty benefits of cooking with coconut Healthy rich and delicious coconut is nature's miracle healer The Coconut Miracle Cookbook explains the benefits of coconut and shows readers how to incorporate this superfood into meals every day with more than 400 delicious recipes Coconut has been shown to have countless health benefits including Weight loss Preventing heart disease cancer diabetes arthritis and many other degenerative diseases Strengthening the immune system Improving digestion Preventing premature aging of the skin Beautifying skin and hair Reap the health and beauty benefits of coconut oil milk water and cream Feel and see the amazing results

The 100 Best Gluten-Free Recipes for Your Vegan Kitchen Kelly E. Keough, 2011-02-01 DELICIOUSLY ANIMAL FREE GLUTEN FREE Being vegan is a culinary challenge especially

when you are avoiding gluten This book shows how to address both restrictions without sacrificing flavor or adding hours in the kitchen These mouth watering recipes draw on the best natural animal and wheat substitutes to create savory and sweet favorites including Banana Walnut Pancakes Blueberry Cornbread Muffins Maple Glazed Oatmeal Scones Blueberry Protein Smoothie Lotus Chips with Hummus Cheddar Cheese Nut Sauce Pad Thai Salad Cream of Butternut Squash Soup Hot Tamale Pie Chick Coconut Curry Lentil Loaf Manicotti in Marinara Cashew Alfredo Sauce Polenta Pizza Lemon Chiffon Pie Chunky Peanut Butter Cookies Chocolate Carob Brownies Red Velvet Cupcakes In addition to 100 tasty treats you ll find advice on stocking your kitchen with gluten free vegan basics tricks for quicker and easier preparation and tips on how to save money when buying vegan and organic ingredients

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The Healthy Coconut Flour Cookbook Erica Kerwien,2014-06-01 The author of Everyday Keto Baking shares the naturally gluten free wonders of coconut flour Erica s grain free recipes hit the spot every time Michelle Tam New York Times bestselling coauthor of Nom Nom Paleo Coconut flour is quickly becoming one of the most popular flours on the market today and deservedly so It contains no gluten and no grain and is low in digestive carbs and high in fiber making it a favorite among Paleo gluten free grain free nut free and low glycemic dieters In addition to what coconut flour doesn t contain what it does contain is just as impressive Not only is it packed with protein but it also contains four times more fiber than oat bran just a few tablespoons provides you with between twenty five to fifty percent of your daily required intake Inside you ll learn how to bake wonderful muffins cakes cookies savory bites and more with this amazing flour which is now easy to find in most grocery stores and online No fillers additives and gums here just simple all natural treats such as Cheddar Biscuits Skillet Cornbread Chocolate Chip Scones Spiced Pumpkin Bread Carrot Cake Chocolate Layer Cake Red Velvet Cupcakes Pesto Flatbread Pizza Garlic Cauliflower Breadsticks Spinach Mushroom Feta Cr pes Coconut Shrimp with Sweet Chili Dipping Sauce Author and blogger Erica Kerwien comfybelly com will walk you through everything you need to know for using the flour with great results You ll also find a handy icon guide for those recipes that are or can be made Paleo grain free gluten free dairy free nut free and more so in no time you ll be whipping up new favorites that will please everyone and every diet at your table

Hungry Girl Clean & Hungry Lisa Lillien,2016-04-05 Rejoice at the fact that pumpkin spice waffles barbecue meatloaf and fudgy flourless chocolate cake are now legit diet foods Publishers Weekly The instant New York Times and USA Today bestseller Complete with full color photos of EVERY recipe Hungry Girl Clean Hungry combines the best of Hungry

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