

# SWEETNESS *Without* SUGAR

A Resource Guide for Delicious  
Dairy-, Egg- and Gluten-Free Treats  
Made with Healthy Sweeteners



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In the usa, cases of diabetes and obesity are on the rise. Research in addition has linked raised chlesterol and excessive sugar consumption to an array of ailments. Sweetness Without Glucose is a timely, indispensable reference offering us tangible methods to transition into wellness. smoothies;" raw treats; cakes; Sweetness Without Sugars offers: An exploration into our emotional connections to sugar Motivation to adjust our consumption of dairy products, eggs, wheat, soy, and gluten A guide for replacing common allergens and replacing refined sugars with natural sweeteners Information about essential fatty acids, high-fructose corn syrup, soy, and fortifying with superfoods Suggestions for spotting sweet elements on meals labels Solutions for re-creating our favorite treats Lovely support for healthy being pregnant Over 60 simple-to-prepare, delicious quality recipes: pubs and cookies; truffles and frozen delights Whether you have special dietary requirements or a wish to improve your wellbeing in gradual methods, Sweetness Without Sugar demonstrates how to "have your cake and eat it as well! soda alternatives;



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