



The Sugar Smart Cookbook: *Over 200 Low-Sugar, Family-Friendly Recipes *Delicious and Nutritious Sugar Alternatives *Better Health Now

By Georgia Varozza

Harvest House Publishers,U.S., United States, 2017. Spiral bound. Condition: New. Language: English . Brand New Book. Get the Recipes and Knowledge You Need to Be Sugar Smart Do you have a sweet tooth? You re definitely not alone. The average American consumes 130 pounds of added sugar every year--that s 22 teaspoons per day! High-sugar diets have been linked to heart disease, diabetes, obesity, and a host of dental problems. Popular cookbook author Georgia Varozza is here to gently guide you toward trimming some of the sugar from your diet and offer a better, more healthful way to eat. You ll be amazed at all the tasty meals you can make and still tame your craving for sweets: Mushroom Soup with Parmesan Cheese Oriental Pea and Shrimp Salad Black Beans with Pork and Citrus Sauce Chocolatey Oatmeal, Coconut, and Banana Cookies Pumpkin Cranberry Muffins .and many more! With expert advice, helpful encouragement, and delicious, nutritious recipes, The Sugar Smart Cookbook is your go-to guide for healthy eating.



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