



No Sugar Doesn't Mean No Fun Cuisine!: Gluten and sugar free sweets and savory

Sarah Krawcheck

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No Sugar Doesn't Mean No Fun Cuisine! is the title of the book because you don't have to compromise health for taste. My recipes are a guide for you to create your own creations. While searching for references for my desserts, I found little to none. I created this book so that anyone can eliminate sugar and eat well! The first part of the book are dessert recipes and the last part are meal recipes and ideas. I have also included the nutritional information for one dessert in each category, an egg-replacement information page, cooking temperature guidelines and much more! The recipes specialize in sugar, gluten, yeast, corn, soy, dairy, some egg, and peanut and tree nut free. They will leave you satisfied, but not craving for more like sugar and white flour does. My husband and I follow this diet and we feel great. I hope you feel great eating these foods as well! Disclaimer: My recipes do not claim to treat or prevent any illness. They are a guide to help you eat healthy and feel good.

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