



Stevia Sweet Recipes: Sugar-Free-Naturally

Jeffrey Goettemoeller

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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.

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