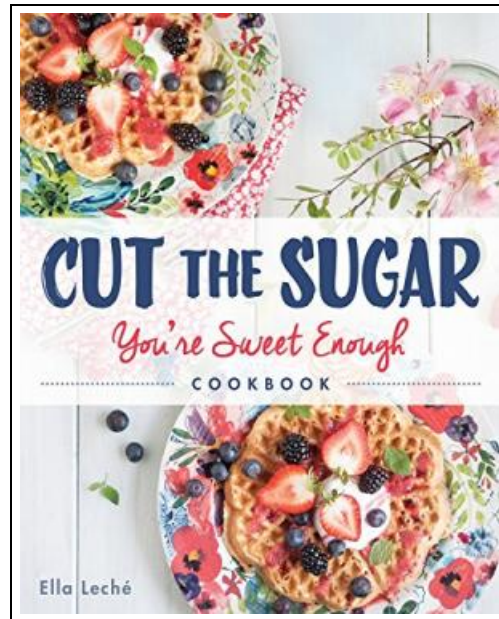


Cut the Sugar, You re Sweet Enough: Cookbook (Paperback)



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Reviews

This book is definitely not easy to get going on reading but extremely entertaining to learn. It is actually filled with knowledge and wisdom I am very easily will get a delight of reading a composed ebook.

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CUT THE SUGAR, YOU RE SWEET ENOUGH: COOKBOOK (PAPERBACK)

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Andrews McMeel Publishing, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book. Cut the Sugar, You re Sweet Enough is a practical, real-life approach to reducing sugar the healthy way so you don t feel deprived. This is not a sugar-detox book but an inspiring cookbook and guide to change your relationship with the foods you love and address your cravings properly. There are over 100 delicious and easy recipes for breakfast, lunch, dinner, snacks, and yes, even dessert! With emphasis on real, nutrient-dense whole foods-all presented deliciously and beautifully photographed by Ella herself and written in her encouraging, upbeat, grounded voice-Cut the Sugar is an inspirational and accessible guide to the sweet life .because you re sweet enough already! Recipes include both fan favorites as well as many all-new offerings, including: *Millet-Apple Breakfast Cake *Creamy Avocado-Cucumber Rolls *Chocolate-Dipped Almond Cacao Nib Biscotti *Raw Berry Swirl Raw Cheesecake *Healthy Three-Ingredient Chocolate Pudding.

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