



**The Everything Naturally Sugar-Free Cookbook:
Includes Apple Cinnamon Waffles, Chicken
Lettuce Wraps, Tomato and Goat Cheese Pastries,
Peanut Butter Truffles, ... Eclairs...and Hundreds
More! (Everything®)**

Annie Forsyth, Holly Forsyth

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Kick your sugar habit with easy and delicious recipes!

Got a sweet tooth? You're not alone. Americans consume more than 90 pounds of added sugar per person, per year--that's twice as much as the recommended amount! Sugar isn't just bad for your waistline, either. Some scientists now believe that sugar itself is toxic; excess sugar is linked to diabetes, heart disease, and chronic inflammation. So what's a sweet lover to do in this overly sugared society? *The Everything Naturally Sugar-Free Cookbook* gives you reasonable, delicious strategies to eliminate refined sugars from your diet. You'll never miss the processed sweeteners in these irresistible, all-natural recipes:

- Almond Poppy Seed Muffins
- Cinnamon Kale Chips
- Honey Mustard Dressing
- Maple-Glazed Salmon
- Pumpkin Pecan Pasta
- Chocolate Cream Sandwich Cookies
- Frozen S'mores
- Salted Honey Caramels

With 300 delicious, easy-to-make recipes for every meal of the day, you'll improve your health the natural way--and kick your sugar habit for good!

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Phyllis Sharrow:

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Rhonda Silva:

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