



The No-Sugar Cookbook: Delicious Recipes to Make Your Mouth Water...all Sugar Free! (Healthy Plate)

Kimberly A. Tessmer

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Whether you are person with diabetes or high blood pressure, or you just want to cut sugar out of your diet, *The No-Sugar Cookbook* is for you! Edited by registered dietitian Kimberly A. Tessmer, this practical cookbook shows you how to sacrifice sugar but not flavor! Packed with more than 200 recipes, some of the treats you will find include:

- Fruit Salsa
- Buckwheat Pancakes
- Chicken a la King
- Chocolate Cheesecake Mousse
- Honey Raisin Bars

All these recipes contain no added sugar or provide a healthier alternate sugar substitute, but still taste great! With *The No-Sugar Cookbook*, sugar-free food never tasted so sweet!

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