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Sweetness Without Sugar: A Resource Guide for Delicious Dairy-, Egg-, and Gluten-Free Treats Made with Healthy Sweeteners

Wendy Vigdor-Hess

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In the United States, cases of diabetes and obesity are on the rise. Research has also linked high cholesterol and excessive sugar consumption to a myriad of illnesses. Sweetness Without Sugar is a timely, indispensable resource offering us tangible ways to transition into wellness. Sweetness Without Sugar offers: An exploration into our emotional connections to sugar Motivation to adjust our consumption of dairy products, eggs, wheat, soy, and gluten A guide for replacing common allergens and replacing refined sugars with natural sweeteners Information about essential fatty acids, high-fructose corn syrup, soy, and fortifying with superfoods Tips for spotting sweet ingredients on food labels Solutions for re-creating our favorite treats Sweet support for healthy pregnancy Over 60 simple-to-prepare, delicious recipes: bars and cookies; soda alternatives; raw treats; cakes; smoothies; truffles and frozen delights Whether you have special dietary needs or a wish to improve your health in gradual steps, Sweetness Without Sugar shows you how to "have your cake and eat it too!"

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