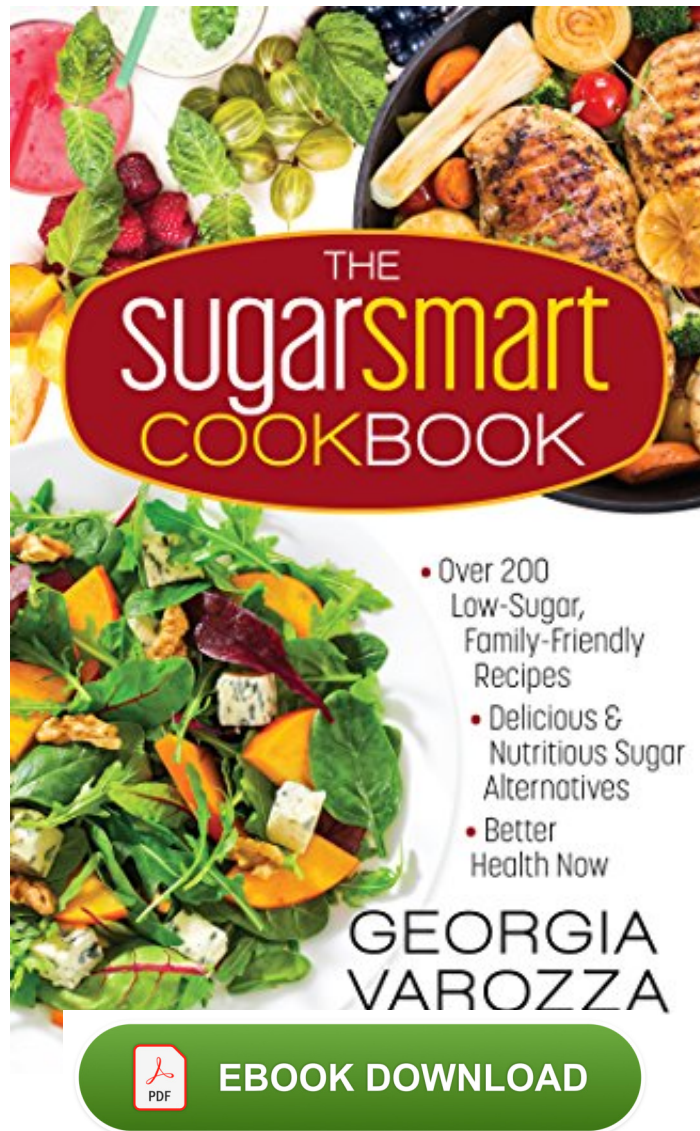


The Sugar Smart Cookbook: *Over 200 Low-Sugar, Family-Friendly Recipes *Delicious and Nutritious Sugar Alternatives *Better Health Now

by

Georgia Varozza



Synopsis

Get the Recipes and Knowledge You Need to Be Sugar Smart Do you have a sweet tooth? You're definitely not alone. The average American consumes 130 pounds of added sugar every year—that's 22 teaspoons per day! High-sugar diets have been linked to heart disease, diabetes, obesity, and a host of dental problems. Popular cookbook author Georgia Varozza is here to gently guide you toward trimming some of the sugar from your diet and offer a better, more healthful way to eat. You'll be amazed at all the tasty meals you can make and still tame your craving for sweets: Mushroom Soup with Parmesan Cheese Oriental Pea and Shrimp Salad Black Beans with Pork and Citrus Sauce Chocolatey Oatmeal, Coconut, and Banana Cookies Pumpkin Cranberry Muffins...and many more! With expert advice, helpful encouragement, and delicious, nutritious recipes, *The Sugar Smart Cookbook* is your go-to guide for healthy eating.

Look inside the book

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DEDICATION To Walker, Travis, Logan, Sara, Crystalynn, Audrey, Asher, Easton, Alexis, and Everet I love you more than the whole wide world...then, now, and always

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The Homestyle Amish Kitchen Cookbook: Plainly Delicious Recipes from the Simple Life The Sugar Smart Cookbook for Kids: *Trim the Sugar from Your Child's Diet *Raise Kids on Nutritious Sugar Solutions *Serve Over 100 Family-Friendly Recipes in 30 Minutes or Less The

Homestead Canning Cookbook: • Simple, Safe Instructions from a Certified Master Food Preserver • Over 150 Delicious, Homemade Recipes • Practical Help to Create a Sustainable Lifestyle The Amish Canning Cookbook: Plain and Simple Living at Its Homemade Best 99 Favorite Amish Soups and Stews: Hearty, Flavorful Recipes to Fill Your Soul

What people say about this book

Jalynn Patterson, "Get the Recipes and Knowledge You Need to Be Sugar Smart Do you have a sweet tooth. About the Book: Get the Recipes and Knowledge You Need to Be Sugar Smart Do you have a sweet tooth? You're definitely not alone. The average American consumes 130 pounds of added sugar every year—that's 22 teaspoons per day! High-sugar diets have been linked to heart disease, diabetes, obesity, and a host of dental problems. Popular cookbook author Georgia Varozza is here to gently guide you toward trimming some of the sugar from your diet and offer a better, more healthful way to eat. You'll be amazed at all the tasty meals you can make and still tame your craving for sweets: Mushroom Soup with Parmesan Cheese Oriental Pea and Shrimp Salad Black Beans with Pork and Citrus Sauce Chocolatey Oatmeal, Coconut, and Banana Cookies Pumpkin Cranberry Muffins...and many more! With expert advice, helpful encouragement, and delicious, nutritious recipes, The Sugar Smart Cookbook is your go-to guide for healthy eating. My Review: I have a confession to make, I'm a sugar addict. I can't ever seem to say no to sugar and it shows. Georgia Varozza has a plethora of different cookbooks that address different eating types and styles and I was glad to see this one. She has provided us with over 200 recipes that geared to the lower sugar type diet. Not just for sweets either but across the board and she has even included some meals for the family. So with a complete cookbook geared towards eating less sugar and that lifestyle you have an excellent start this coming New Year towards some of those resolutions and goals of reaching the optimal weight. This is a great gift for the foodie too. They can experiment with lower sugar recipe options. And the spiral edition is a plus because it can lay flat while you are cooking up some of these delicious recipes. **Disclosure** This book was sent to me free of charge for my honest review from the author. All opinions are my own."

Carmen Cash Ledford, "Tame your kids' sweet tooth. My kids and I definitely have a sweet tooth. As a mom, I worry that they are consuming too much sugar since it is linked to so many chronic diseases. This cookbook doesn't eliminate sugar altogether, but rather reduces it. The book starts off with simple suggestions to ease your family into healthier eating such as getting your children involved in meal preparation. The recipes are for everything from breakfast to desserts. I particularly enjoyed the sections on snacks and treats. There are plenty of recipes that I'm certain my children will try and love with no effort. Several of the recipes are beyond my children's tastes, but would be good for less picky kids. I would have loved to see nutritional information and photos for each recipe. Nevertheless, I think it would be good for kids and parents who are interested in eating a little healthier. I received an advance reading copy from the publisher in exchange for an honest review. I was not obligated to write a positive review."

The book by Georgia Varozza has a rating of 5 out of 4.9. 5 people have provided feedback.

Book Information

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