



175 natural sugar desserts

The recipes in this book are designed for people who enjoy homemade desserts and baked goods but are trying to reduce or eliminate their intake of refined sugar. Just because a dessert doesn't contain refined sugar doesn't mean it has no flavor. On the contrary, you're able to taste the true flavor of ingredients, since sugar tends to mask them. These decadent and delicious recipes don't use white or brown sugar or artificial sweeteners; instead, they are sweetened with either naturally sweet fruit or natural sugars. You can enjoy good desserts and maintain your health at the same time!

Create these outstanding desserts: Chocolate Hazelnut Mousse, Apple and Cranberry Cobbler, Berry Tartlets, Ricotta and Apple Turnovers, Crêpes with Ricotta Cheese, Nuts and Bananas, Lemon Cheesecake, Vanilla Ice Cream with Pecans, Ginger Mango Compote, Winter Fruit Kebabs

Discover these natural sugars:

AGAVE SYRUP

Nectar extracted from a cactus native to Mexico

XYLITOL

A natural sweetener found in plums and other fruits

HONEY

Produced by bees and derived from plants, with each variety imparting a different flavor

MAPLE SYRUP

Made from the sap of maple trees in eastern Canada and the northeastern U.S.

ANGELINA DAYAN and her son, **ARI DAYAN**, are food gourmets whose focus is making meals that are both healthy and delicious. Angelina is also a market research professional and business owner, and Ari is a jazz musician.

Did you know that agave syrup is known as "honey water" in Mexico and is similar to honey in flavor and color?



- Recipes range from everyday treats such as chocolate chip cookies to entertaining masterpieces
- Features tips and techniques that will help both the novice and experienced baker alike

\$24.95 USA
\$27.95 CAN

Robert
ROSE

ISBN 978-0-7788-0228-0

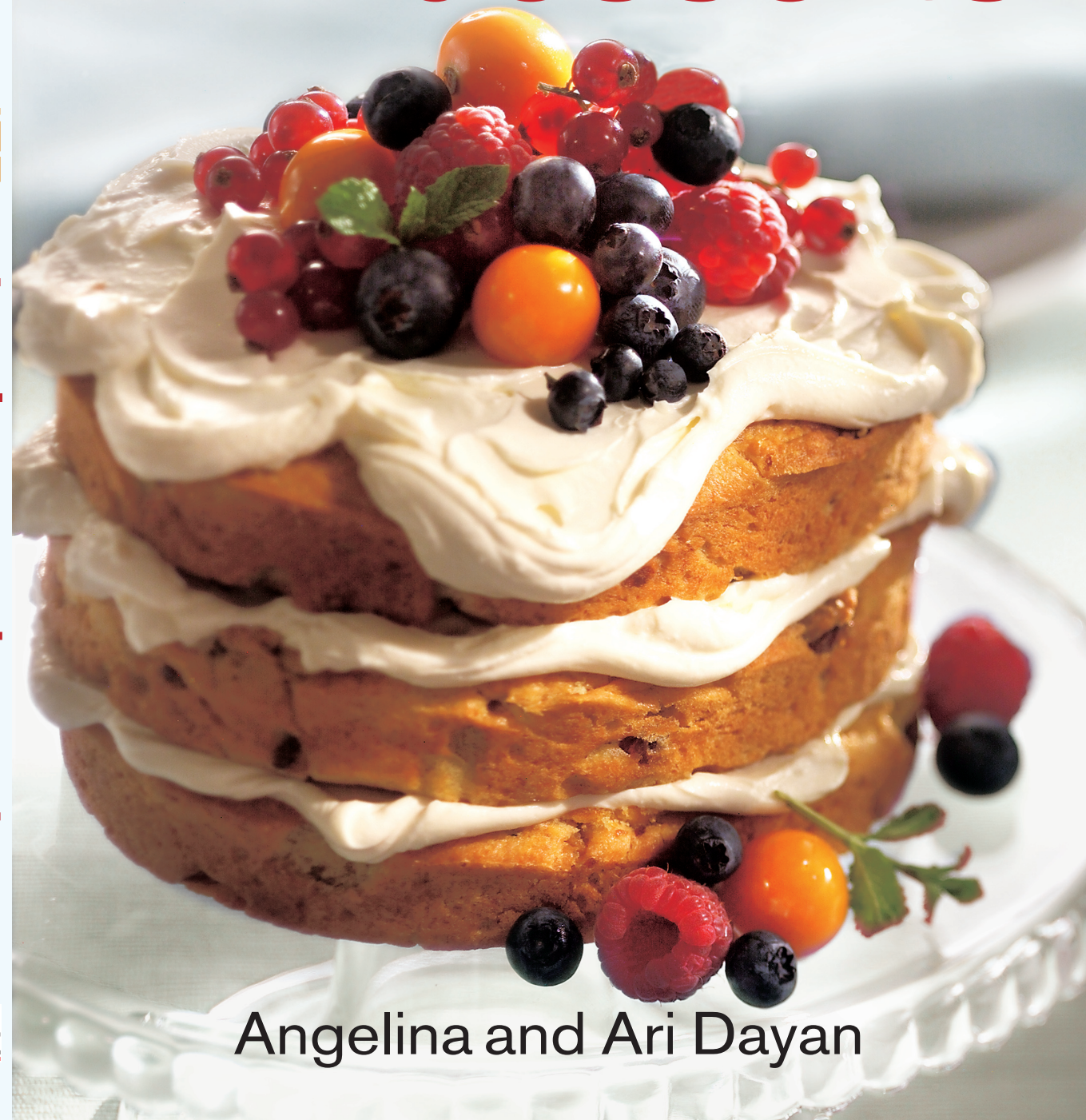


Angelina and Ari Dayan

175 natural sugar desserts

Robert
ROSE

175 natural sugar desserts



Angelina and Ari Dayan