



# Sugar-Free Cakes, Cookies, Muffins and Tarts: 40 Amazing Recipes

*Elizabeth Gordon*

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**40 decadent sugar-free recipes, from cakes to cookies and pies to muffins are at your disposal so you don't have to reach for that bar of chocolate or that candy next time you crave for something sweet.**

The amount of sugar found in food nowadays is staggering! If we were to compare our diet today and the diet of our ancestors the conclusion would be that we consume dozens of times more sugar. In these conditions, there is no wonder that often our system fails and it breaks into what doctors consider the diseases of the century – type II diabetes, obesity and heart problems. This book focuses mostly on desserts that have no refined sugar added and most recipes in fact don't require any other processed sweetener either. Instead, the place of the sweetener has been taken by healthy additions, fresh fruits or interesting flavour combinations so those of you who give these recipes a try have nothing to lose, but only to gain! Simply bake yourself a batch of these and snack on desserts that are both delicious and healthy! Sit back and indulge guilt free.

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