

The No Sugar Recipe Book



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Penguin Books Ltd. Paperback. Book Condition: new. BRAND NEW, The No Sugar Recipe Book, David Gillespie, 'Simple, delicious recipes that will help you quit sugar for good.' The No Sugar Recipe Book is the delicious way to beat your cravings and transform your diet. When David Gillespie removed sugar from his diet, he lost six stone - and kept it off. He is now the bestselling author of Sweet Poison, an expose on the life-threatening dangers of sugar. If you've heard about the toxic effects of sugar but are worried about missing your favourite sweet treats, then this book is for you. It shows you how you can still eat the food you enjoy by replacing sugar with healthy alternatives. Working with a professional chef, David Gillespie has developed sugar-free recipes that will help you quit sugar. These recipes aren't just healthy - they are delicious too. In reading this book you will discover how life without sugar will leave you and your family feeling more energetic, happier and healthier than ever before. Featuring more than eighty illustrated recipes, including chocolate cake, brownies and doughnuts, the No Sugar Recipe Book is proof that giving up sugar doesn't mean giving up the food you love.

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