



Sweeten Your Life the Xylitol Way

Karen Edwards

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Nutritionist Karen Edwards has compiled dozens of recipes for everybody's favorite desserts using a natural low-calorie sugar substitute in Sweeten Your Life the Xylitol Way.

Recipes for over 80 favorite sweets - cookies, pies, cakes and frostings, ice cream, drinks, breads, and muffins - have been adapted using xylitol and other natural ingredients for healthier cooking.

Recipes are quick and easy, have a minimum number of ingredients, and use whole foods and the freshest ingredients for delicious results.

The cookbook has a hard cover with spiral binding inside to let pages lie flat. It contains sections on xylitol, helpful hints, special ingredients, choosing cookware and bakeware, and where to find special products used in recipes.

Sweeten Your Life lets you satisfy your craving for sweets the healthy way.

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