



## Sugar Free Desserts with Pazaz

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By Lisa Lazuli

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Sugar is the devil we all know - addictive and dangerous. Get ready for: 3 GLUTEN FREE + 10 DAIRY FREE + 28 PALEO + 6 OTHER = 47 SUGAR FREE DESSERTS. Sugar not only rots our teeth and makes us fat, it depletes valuable minerals from the body, uses up Vitamin C and feeds cancer cells. Popular diets like Paleo, Candida and Alkaline forbid sugar and that is why I have also included Paleo and Candida compatible recipes too. Go ahead and try making your very own sugar-free desserts and we guarantee you that your family will enjoy them as they are GUILT FREE and actually contain both fruits and nuts which can dramatically enhance health by improving your nutrition. I have included some unusual and exotic ingredients to make these desserts show stoppers for dinner parties; however I make suggestions for alternatives in case you have difficulty sourcing these items. Some of the ingredients are super foods which can enhance your health by giving you an injection of vibrant nutrition as well as flavor.



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