



Healthy Desserts: with Natural Sweeteners

Omur Akkor

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Digging into traditional recipes in the history of Turkish cuisine, chef Omur Akkor finds dozens of healthy dessert recipes that utilize fruits, honey, and natural sugars instead of the unhealthy refined sugars so prominently used today. Part of a series from the award-winning Chef Omur, this book includes healthy twists on old favorites, including rice pudding, carrot cake, and Turkey's world-famous baklava. Instead of skipping dessert altogether, Healthy Desserts will help you to find the perfect recipes for your taste buds and your health.

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Virginia Warriner:

A lot of people always spent their own free time to vacation as well as go to the outside with them loved ones or their friend. Are you aware? Many a lot of people spent these people free time just watching TV, or maybe playing video games all day long. In order to try to find a new activity honestly, that is look different you can read some sort of book. It is really fun for yourself. If you enjoy the book that you read you can spent 24 hours a day to reading a guide. The book Healthy Desserts: with Natural Sweeteners it is extremely good to read. There are a lot of folks that recommended this book. We were holding enjoying reading this book. In the event you did not have enough space bringing this book you can buy the actual e-book. You can m0ore effortlessly to read this book from a smart phone. The price is not too expensive but this book possesses high quality.

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