



Naturally Sugar-Free - Smoothie Recipes

Naturally Sugar-Free Series

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Do you love sweets but resist because of the harmful consequences that refined sugar has on the body? Unfortunately, our bodies can only handle so much sugar before they get overwhelmed with constantly filtering it out and begin to shut down. The increase in Type 2 diabetes is a testament to the consequences of ongoing refined sugar consumption. So what is a person with a nagging sweet tooth to do? Thanks for checking out the Naturally Sugar-Free recipe book - where you'll find plenty of delicious recipes to fulfill your everyday sugar-free cooking needs! The sweeteners used in this series consist of Stevia, Dates and other non-refined sweeteners.

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