

[Free read ebook] Fancy, Sweet, Sugarfree

## Fancy, Sweet, Sugarfree

*Karen E. Barkie*

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**Karen E. Barkie : Fancy, Sweet, Sugarfree** before purchasing it in order to gage whether or not it would be worth my time, and all praised Fancy, Sweet, Sugarfree:

10 of 10 people found the following review helpful. A great fruit sweetened holiday /event dessert book!By Corinne MuhlbachA good reference recipe book for anyone trying to manage the sugar (sucrose) in their diet. Like the first book, Sweet Sugar free, this uses concentrated fruit and fruit juices to sweeten the listed desserts. Beware! This is not a low fat recipe book. It's worth combining low fat substitutions in with these fillings and ideas. For anyone baking for a diabetic who tolerates fructose well, this book is great for holidays and dinner parties. It not only gives elegant recipes to use, but also inspires great ideas to modify favorites. Listed areas pages include: Cakes 1-15 Custards,Puddings, Compotes 16-23, Fancy Cookies and Turnovers 24-30, Frozen Desserts 31-38, Gelatin Desserts 47-58, Pastries 59-67, Pies 68-76, Quiches Kuchens 77-82, Tarts 83-89, Tortes 90-95, Warm desserts 96-101, Toppings 102-113. The appendixes at the back of this book give wonderful information tips for helpful pans, techniques, holiday information, ingredient use, fruit choices and use, and special dietary requirement substitutions. It ranks fruit by sugar content, and includes two beautiful measurement equivalent pages. I have used this book for holidays for a number of years in a diabetic family and found the included ideas brilliant! This is wonderful for holidays or events where a great presentation is necessary with an acceptable sugar level. For instance the Gelatin Dessert section uplifts Gelatin to an elegant adult level with recipes such as Blueberry Bavarian, Orange-Pineapple Charlotte, and Eight-layer Strawberry Cake. Yum!! Purchase the first book, Sweet Sugarfree, for a more casual collection with the same direction.26 of 26 people found the following review helpful. Tremendously helpful....By A CustomerTwo members of my immediate

family are unable to eat any sugar or honey. I'm not big on the idea of using artificial sweeteners, so this book is a god-send. Barkie uses all natural fruit and juices for sweetening the recipes in this book. Thanks to this book, I'm finally able to re-introduce desserts into our family menus. Seeing my child's face light up when I bake cookies is a joy I'd been without for a long, long time. 2 of 2 people found the following review helpful. Good in a pinch  
By Berta L. Smith  
We had a huge party in December, I ordered the book to help serve diabetic desserts to our guests, the recipes were easy to follow the food presented well and our party was a success. Thanks to the author