



## Baking With Agave Nectar (Paperback)

By Ania Catalano

CELESTIAL ARTS, United States, 2008. Paperback. Condition: New. Language: English . Brand New Book. If you haven't discovered agave nectar, you're in for a delectable surprise. This natural, low-glycemic sweetener is a revelation for diabetics, parents of young children, and anyone else who wants to cut down on refined sugar but still enjoy deep, real, satisfying sweetness. Baking with Agave Nectar is bursting with more than 100 recipes for muffins, sweet breads, cookies, cakes, ice creams and sorbets, pies and tarts, sauces and frostings, and other special desserts. With scrumptious gluten-free, vegan, low-fat (or nonfat), and whole foods based treats, as well as healthier (but still decadent tasting) versions of old favorites, there is truly something here for everyone. An ample glossary and resources section--with ingredients used in whole foods, vegan, and gluten-free baking--will help you make all your desserts a little (or a lot) healthier. Once you start baking with agave nectar, you'll find endless possibilities for adding utterly delicious sweet treats to a healthy diet.



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