

PDF | Naturally Sweet: Bake All Your Favorites with 30% to 50% Less Sugar (America's Test Kitchen)

by

— AMERICA'S —
TEST KITCHEN

Naturally Sweet

BAKE ALL YOUR
FAVORITES WITH
30% TO 50%
LESS SUGAR

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In this timely, unique cookbook, America's Test Kitchen tackles the monumental challenge of creating foolproof, great-tasting baked goods that contain less sugar and rely only on natural alternatives to white sugar.

White sugar is one of the most widely demonized health threats out there, even more than fat, and consumers are increasingly interested in decreasing the amount of sugar they use and also in using less-processed natural sweeteners. But decreasing or changing the sugar in a recipe can have disastrous results: Baked goods turn out dry, dense, and downright inedible. We address these issues head-on with 120 foolproof, great-tasting recipes for cookies, cakes, pies and more that reduce the overall sugar content by at least 30% and rely solely on more natural alternatives to white sugar.



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