



Sugar-free Mom: Naturally Sweet and Sugar-free Recipes for the Whole Family

Brenda Bennett

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Sugar-free no longer equals taste-free! Popular food blogger Brenda Bennett uses natural sweeteners like honey and coconut sugar to create delicious and wholesome recipes that will satisfy even the pickiest of eaters, such as French Toast Sticks and Crock Pot Pulled Pork. Many recipes are also low carb and diabetic friendly using natural sugar free substitutes like stevia in amazing recipes such as, Chocolate Pumpkin Cream Filled Cupcakes and Mocha Ice Cream. You and your family will finally enjoy all the foods you love without refined sugars!

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