



Low-Carb Cooking With Stevia : The Naturally Sweet & Calorie-Free Herb

James Kirkland

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Low-Carb Cooking With Stevia is the perfect companion for people on a low-carbohydrate diet. This hot new book contains revolutionary, delicious recipes like pastas, breads, even cakes and cookies all low in carbohydrates. Filled with practical advice, Mr. Kirkland is inspirational as he explains how he lost his extra weight and regained his life - All while enjoying a variety of favorite foods. Kirkland, an expert on stevia, includes in-depth information about stevia, the natural alternative to questionable artificial sweeteners. With over 175 delightful low-carb recipes and more than 60 pages of important information, Low-Carb Cooking With Stevia is the essential companion for a successful low-carbohydrate lifestyle.

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