



Baking with Agave Nectar: Over 100 Recipes Using Nature's Ultimate Sweetener

Ania Catalano

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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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