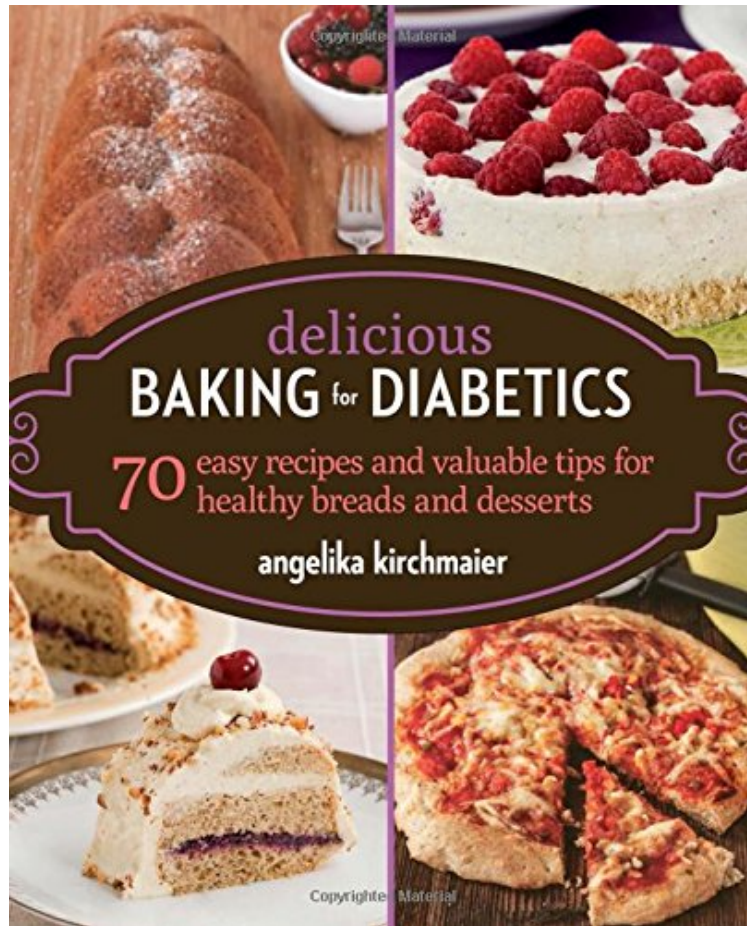


[FREE] Delicious Baking for Diabetics: 70 Easy Recipes and Valuable Tips for Healthy and Delicious Breads and Desserts

## Delicious Baking for Diabetics: 70 Easy Recipes and Valuable Tips for Healthy and Delicious Breads and Desserts

Angelika Kirchmaier

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**Angelika Kirchmaier : Delicious Baking for Diabetics: 70 Easy Recipes and Valuable Tips for Healthy and Delicious Breads and Desserts** before purchasing it in order to gage whether or not it would be worth my time, and all praised Delicious Baking for Diabetics: 70 Easy Recipes and Valuable Tips for Healthy and Delicious Breads and Desserts:

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Do you miss eating sweets because you have diabetes? After reading the recipes in this book, that will be the thing of the past! *Delicious Baking for Diabetics* includes seventy easy-to-make desserts that will make you forget any feelings of missing out on eating sugar. Angelika Kirchmaier includes classics as well as creative recipes with conversion formulas to adapt ingredients to your own taste. *Delicious Baking for Diabetics* includes recipes for cakes, cookies, and breads including: • Walnut croissants • Cashew biscuits • Chocolate truffles • Berry tarts • Zucchini cakes • Flourless pound cake • Vanilla chocolate raspberry cake • Spicy yogurt pancakes • Herb pizza Detailed information explains what is important when baking dough and using ingredients, which sweeteners are acceptable, and which spices give that extra touch to cakes to make them really special. All recipes include amounts of protein, fats, carbohydrates, and carbohydrate moiety and exchange. Skyhorse Publishing, along with our Good Books and Arcade imprints, is proud to publish a broad range of cookbooks, including books on juicing, grilling, baking, frying, home brewing and winemaking, slow cookers, and cast iron cooking. We've been successful with books on gluten-free cooking, vegetarian and vegan cooking, paleo, raw foods, and more. Our list includes French cooking, Swedish cooking, Austrian and German cooking, Cajun cooking, as well as books on jerky, canning and preserving, peanut butter, meatballs, oil and vinegar, bone broth, and more. While not every title we publish becomes a New York Times bestseller or a national bestseller, we are committed to books on subjects that are sometimes overlooked and to authors whose work might not otherwise find a home.

About the Author Angelika Kirchmaier is an experienced chef and nutritional consultant. In her home country of Austria, she is in great demand and leads classes about nutrition, healthy living, and cooking, especially for people suffering from food allergies or diabetes. She lives in Hopfgarten im Brixental, Austria.