



# The Stevia Cookbook: Cooking with Nature's Calorie-Free Sweetener

*Ray Sahelian, Donna Gates*

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**The Stevia Cookbook: Cooking with Nature's Calorie-Free Sweetener** Ray Sahelian, Donna Gates  
Enjoy sugar-free versions of your favorite dishes without the guilt, the calories, or the health risks.

Derived from a South American plant and widely available in the United States, stevia is an all-natural, calorie-free sweetener that is three hundred times sweeter than sugar, suitable for diabetics, safe for children, and does not cause cavities. *The Stevia Cookbook* includes documented studies and testimonials, as well as more than one hundred recipes for satisfying entrées, hearty side dishes, and sinfully sweet desserts.

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