



# Low Sugar Desserts: Delicious dessert cookbook for diabetics

*Mary Donovan*

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## **Low Sugar Desserts: Delicious dessert cookbook for diabetics** Mary Donovan

Do you have trouble keeping your sugar under control? Are you struggling to lose weight? LOW SUGAR DESSERTS to the rescue! Recipe specialist Mary Donovan has prepared a collection of delicious, low-sugar desserts especially for diabetics. Inside, you'll find both cooking and no-cook recipes for you to stay stocked with healthy, low sugar choices to eat whenever you need a sweet fix. BONUS: The forward is written by Dan DeFigio, bestselling author of *Beating Sugar Addiction For Dummies* (BeatingSugarAddiction.com). Dan offers both *Baking Tips For Diabetics*, and a handful of his own favorite low-sugar recipes.

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