



Cut the Sugar, You're Sweet Enough: Cookbook

Ella Leche

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Cut the Sugar, You're Sweet Enough is a practical, real-life approach to reducing sugar the healthy way so you don't feel deprived. This is not a sugar-detox book but an inspiring cookbook and guide to change your relationship with the foods you love and address your cravings properly. There are over 100 delicious and easy recipes for breakfast, lunch, dinner, snacks, and yes, even dessert!

Ella Leché, the voice behind the popular food blog *Pure Ella*, used to consider herself a healthful eater. She ate salads; she drank water. But like so many of us, she also looked forward to her daily sweet treats. It wasn't until her health fell apart due to a rare illness that she began to make the food-health connection.

Back in 2008, just months after the birth of her first child, Ella developed debilitating weakness to the point where she collapsed numerous times. She had difficulty getting up from the bed and could barely breathe and eat. The diagnosis was myasthenia gravis, a neuromuscular autoimmune condition for which there is no medical cure. The medication she was put on wasn't helping, and she decided to try and heal through food. She treated candida and eliminated many culprits such as processed foods, wheat, dairy, and, most important, sugar. Slowly she began to feel stronger and healthier. She found sugar was also triggering her frequent headaches, mood swings, and energy slumps. Now she is inspiring others to eat healthier and apply her approach to cut the sugar, not quit sugar entirely!

With emphasis on real, nutrient-dense whole foods—all presented deliciously and beautifully photographed by Ella herself and written in her encouraging, upbeat, grounded voice—*Cut the Sugar* is an inspirational and accessible guide to the sweet life . . . because you're sweet enough already!

Recipes include both fan favorites as well as many all-new offerings, including:

- Millet-Apple Breakfast Cake
- Creamy Avocado-Cucumber Rolls
- Chocolate-Dipped Almond & Cacao Nib Biscotti
- Raw Berry Swirl Raw Cheesecake
- Healthy Three-Ingredient Chocolate Pudding

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Ronald Ralph:

Reading a reserve tends to be new life style within this era globalization. With reading you can get a lot of information that could give you benefit in your life. With book everyone in this world can easily share their idea. Ebooks can also inspire a lot of people. A lot of author can inspire all their reader with their story or maybe their experience. Not only the storyline that share in the publications. But also they write about the knowledge about something that you need illustration. How to get the good score toefl, or how to teach your kids, there are many kinds of book that you can get now. The authors on earth always try to improve their talent in writing, they also doing some exploration before they write to the book. One of them is this Cut the Sugar, You're Sweet Enough: Cookbook.

Christina Vallejo:

People live in this new day time of lifestyle always aim to and must have the extra time or they will get wide range of stress from both way of life and work. So , if we ask do people have time, we will say absolutely without a doubt. People is human not a robot. Then we consult again, what kind of activity are you experiencing when the spare time coming to a person of course your answer can unlimited right. Then do you try this one, reading books. It can be your alternative in spending your spare time, the actual book you have read is Cut the Sugar, You're Sweet Enough: Cookbook.

Modesto Delarosa:

Many people spending their time by playing outside along with friends, fun activity having family or just watching TV the entire day. You can have new activity to spend your whole day by reading a book. Ugh, think reading a book can actually hard because you have to use the book everywhere? It okay you can have the e-book, getting everywhere you want in your Cell phone. Like Cut the Sugar, You're Sweet Enough: Cookbook which is finding the e-book version. So , why not try out this book? Let's see.

Lester Baker:

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