

Desserts with Natural Sugars

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Synopsis:

Certain sorts of sugars have bad effects on our health and if possible, it is better to avoid them. But how to have a delicious dessert while limiting the bad sugars? It is now possible, and this title is the proof!

Sugar-free recipes and natural sugars are currently starting to be quite trendy. This title offers to readers 40 new recipes with natural sugars or sugars that are better for our health.

Honey, maple syrup, agave, fruits, etc., many products are presented to the readers in order for them to replace traditional sugar.

For each recipe, the author gives the readers nutritional advises.

The Author:

Audrey Doret is a passionate chocolate maker and cook in general. She started her carrier working for Maisons Bernachon, Sève and Pignol. She loves cocoa and good products. She developed her own brand in Lyon and shares her recipes with magazines and books.

She is the author of *Healthy and Good Pastries* published in 2016 with Marie Claire Books and *The Very Best of Chocolate* published at the beginning of 2017.

■ Specs:

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