



The Sweet Truth: A Sugar-Free / Wheat-Free Kitchen

Kelly E. Keough

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Tired of eating a box of chocolates and a pint of ice cream (or both) and wonder when you'll never do that again? Now you don't have to. Kelly E. Keough of television's THE SWEET TRUTH shows you how to make delicious desserts that are satisfying as they are good for your body. With humor, Keough shares her own personal battle with sugar along with her life-changing discoveries using healthy sugar-free/wheat-free alternatives.

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