



Dueling Spoons

By April S Fields, Olivia Hoey

Pixelated Publishing, United States, 2014. Paperback. Book Condition: New. 216 x 211 mm. Language: English . Brand New Book ***** Print on Demand *****.In 2006, twelve year old Olivia, avid cook, dares her grandmother (Meema), experienced low-carb recipe developer, April S. Fields, to come up with low-carb, low sugar versions of her favorite desserts. And the challenge was on. They had no idea it would take more than eight years to complete. This collection of 86 recipes (Olivia's 43 quick easy versions of old standards and Meema's 43 low-carb conversions, include cookies, candies, pies/tarts, and cakes/sweetbreads. It is the result of nearly a decade of never giving up on their culinary experiment. Working around school and hectic schedules, the duo carved out time from summers and holidays, a few recipes at a time. All of Olivia's recipes are short-cut versions easy enough for kids as well as busy grown-ups. All of Meema's recipes are easy too, and kid tested (and approved) by Olivia. Some are also gluten free. Meema also includes information about low-carb recipes and a resource guide for the special ingredients she recommends. Every recipe has been tested and photographed by Olivia and Meema....



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