



**No Sugar, No Flour, No Fuss - Soveya's Incredibly
Easy & Healthy Cookbook (300 Kosher Recipes -
Great for Diabetics, Gluten-Free Diets, &
Passover)**

Zakah Glaser

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The recipes included in this cookbook are very easy and simple and do not include any sugar, artificial sweeteners, wheat, or flour. Neither do they include any obscure or unusual ingredients. Most recipes should not take much time to prepare. This cookbook is for people who would ideally like to eat healthier food, but are daunted by the prospect of extensive or complicated food preparation. If you don't enjoy spending hours in the kitchen, or simply don't know much about how to cook healthy items- then this cookbook is for you. Soveya is a non-profit organization providing educational and coaching services to adults, children, communities and schools regarding the issues of nutrition, wellness and obesity prevention. Proceeds from the sale of this book will be used to support and expand the many programs and activities of SWITCHH (Soveya Wellness Initiative to Create Healthy Habits). SWITCHH is an educational initiative for schools, educating parents, teachers and students about proper nutrition and the imperative to take care of our bodies through healthy eating habits. SWITCHH doesn't just combat the growing epidemic of childhood obesity, it helps children understand the pleasure and importance of appropriate eating before they develop unhealthy behaviors with food.

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