



The Sweeter Side of Candida: Desserts For the Holidays, Special Occasions, & Everyday Sweet Treats

Paula Miller, Sarah Ives

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What? Treat your candida while eating desserts? It sounds backwards, doesn't it. Anyone with candida can tell you that sugar and starches feed the problem. But now you can enjoy homemade chocolate chip cookies, multi-layered bars, luscious cheesecake, and delicious frappuccinos without the worry! Filled with over 70 delicious desserts to satisfy any sweet tooth, The Sweeter Side of Candida is completely safe for someone with or without candida, on a sugar-free or gluten-free diet, or who simply wants healthier desserts! A 6-week menu planner featuring recipes from The Sweeter Side of Candida and Paula's first cookbook, Healing Candida with Food is available at www.wholeintentions.com

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