



Healthy Desserts: with Natural Sweeteners

Omur Akkor

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Digging into traditional recipes in the history of Turkish cuisine, chef Omur Akkor finds dozens of healthy dessert recipes that utilize fruits, honey, and natural sugars instead of the unhealthy refined sugars so prominently used today. Part of a series from the award-winning Chef Omur, this book includes healthy twists on old favorites, including rice pudding, carrot cake, and Turkey's world-famous baklava. Instead of skipping dessert altogether, Healthy Desserts will help you to find the perfect recipes for your taste buds and your health.

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