



## Stevia Rebaudiana: Nature's Sweet Secret (Paperback)

By David Richard

Vital Health Publishing, U.S., United States, 2007. Paperback.

Book Condition: New. 3rd Revised edition. 223 x 147 mm.

Language: English . Brand New Book. This best-selling book is a wonderful introduction to the herbal sweetener Stevia. An all-natural, noncaloric, nonglycemic ingredient, Stevia is extracted from the leaves of the Honey-Leaf plant, and provides a healthful way to sweeten foods and beverages. Stevia Rebaudiana includes discussions of the plant's history, botany, pharmacology, correct usage, and safety, as well as nearly two dozen Stevia recipes. A helpful question-and-answer chapter addresses commonly asked questions about this sweetener, and instructions are provided for growing Stevia in your home garden.

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