

# Download The Sugar Solution Cookbook

The Blood Sugar Solution (2012) is a book about reducing the risk of “diabetes,” the continuum from optimal blood sugar balance toward insulin resistance and full-blown diabetes. This homemade golden syrup recipe was created to be used for traditional Cantonese mooncakes and other Chinese desserts. Golden syrup is a type of inverted sugar syrup used in traditional Cantonese mooncakes and lots of other Chinese desserts. It’s a type of inverted sugar that has a beautiful amber color, a rich and fruity aroma, and a very creamy texture.<sup>6</sup> How to Use the Recipes in This Book The recipes in “The Kidney Disease Solution Cookbook” are designed to provide you with a variety of ideas for meals and snacks to enjoy throughout the day. Rock candy or sugar candy (in British English), also called rock sugar, is a type of confection composed of relatively large sugar crystals. This candy is formed by allowing a supersaturated solution of sugar and water to crystallize onto a surface suitable for crystal nucleation, such as a string, stick, or plain granulated sugar. Heating the water before adding the sugar allows more sugar to ...