



# **50 Low-Sugar Meals for the Oven: Cooking classic recipes the sugar-reduced way - measurements in grams**

*Mattis Lundqvist*

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### Recipes:

Yam and Vegetable Mix Pumpkin Quinoa Rice-Mushroom-Frittata Artichoke-Crab-Dip Baked Oatmeal Sausage- Mushroom-Quiche Potatoes with Ham and Cheese Green Bean Casserole Mashed Cauliflower Radish Egg Stuffed Peppers Classic Meatloaf Avocado Tacos Roasted Brussel Sprouts Tomato Risotto Tofu-Mushroom-Steaks Maple Chicken Grilled Lamb Grilled Prosciutto Salad Sweet Potato with Kale Salsa Swordfish Spicy Halibut Fish Steaks Scrambled Eggs with Ham and Cheese Garlic Shrimps Spicy Shrimps Grilled Mushrooms Zucchini Crisps Baked Broccoli Grilled Mushrooms Cauliflower Soup Spinach Casserole Shepherd's Pie White Beans on Cod Caramelised Omelette Rolls Bacon Breakfast Muffins Granola Bars Avocado Eggs Baked Beans Roasted Vegetables with Polenta Potato-Spinach-Pie Vegan Macaroni and Cheese Bacon Wrapped Chicken Spicy Chicken Tenders Chicken Lasagna Mushroom Roasted Turkey Vegetable Kabobs Quinoa-Lasagna Sea Bass Fillets with Lemon and Capers Roasted Carrots and Onions with Honey

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