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Have Your Cake and Eat It: Nutritious, Delicious Recipes for Healthier, Everyday Baking (Hardback)

By Mich Turner

JACQUI SMALL, United Kingdom, 2017. Hardback. Condition: New. Language: English . Brand New Book. Mich Turner MBE, the Bentley of cake makers. Gordon Ramsay Celebrity baker Mich Turner rises to the challenge with a smarter take on sweet bakes - so you can have your cake and eat it! Her yummy recipes, which include cakes, cookies, meringues, bars, muffins and cupcakes, are made healthier and more nutritious by including fresh and dried fruits, nuts and seeds, and also alternatives for gluten, fats, sugars and dairy to accommodate your personal diet and lifestyle. The secret to Mich s recipes is a fine balance between delicious and nutritious. Baking and eating healthier cakes doesn t have to mean bland and boring, and Mich shows you how in this wonderful book of sweet treats. Mich offers suggestions for substituting fats, flours and sugars so you can choose what to bake. In addition, there are smaller bakes so you can portion-control your servings, which helps steer you through the jungle of information. Each recipe is filled with tips and know-how from Mich s incredible baking expertize. Whether you are new to baking or a cake expert, Mich s inspirational recipes will give you a...



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