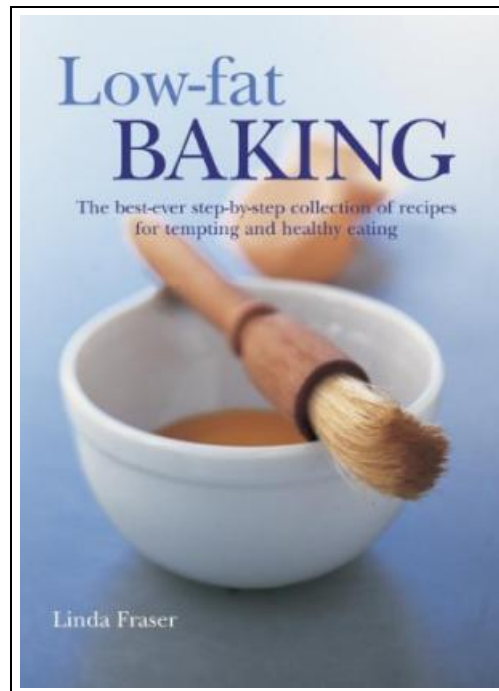


Low-Fat Baking



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Reviews

A must buy book if you need to adding benefit. This is for anyone who statte that there had not been a well worth reading through. Its been designed in an exceptionally straightforward way which is simply right after i finished reading this book where basically changed me, change the way i think.
(Adrien Robel)

LOW-FAT BAKING



Anness Publishing. Paperback. Book Condition: new. BRAND NEW, Low-Fat Baking, Linda Fraser, This is the best-ever step-by-step collection of recipes for tempting and healthy eating. It features over 200 delicious recipes, each lavishly illustrated with beautiful photographs. All the joys of traditional home baking, without the fat: guilt-free cakes, muffins, cookies, desserts and breads. It includes sensational and deceptively rich-looking desserts: superb souffles, meringues and cheesecakes. Every recipe has at-a-glance nutritional notes with both calorie and fat contents. It includes simple-to-follow advice on healthy eating, easy ways to cut down on fat, and the secrets of fat-free and low-fat baking. Nothing equals the satisfaction of home baking, with the enticing aromas that fill the house and the pride of having created such wonderful goodies yourself. You can rediscover the pleasures and rewards of home baking with this delicious selection of healthy, low-fat cakes and baked goods. From best-loved classics to modern twists, this bumper recipe collection contains low-fat or no-fat baking recipes for every occasion. You can try Lemon Chiffon Cake, Strawberry Roulade, Carrot Muffins, Drop Scones, French Bread, Onion Focaccia, Sweet Sesame Loaf or Filo Fruit Baskets. With plenty of tips on using low-fat ingredients, this collection of recipes can be enjoyed without guilt.



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