

60 Easy Low Fat Baking Recipes: Healthy and Delicious Low-fat, Low-cholesterol Cookies, Scones, Cakes and Bakes, Shown Step-by-step in More Than 300 Beautiful Photographs



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(Dr. Brannon Wolf)

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Anness Publishing. Paperback. Book Condition: new. BRAND NEW, 60 Easy Low Fat Baking Recipes: Healthy and Delicious Low-fat, Low-cholesterol Cookies, Scones, Cakes and Bakes, Shown Step-by-step in More Than 300 Beautiful Photographs, Linda Fraser, Everyone loves freshly baked cakes, bread and cookies, but the most tempting foods, such as chocolate cake, freshly-baked bread and muffins are usually the most fattening. However, with this cookbook, your favourite foods need no longer be forbidden. With a detailed guide to alternative ingredients and carefully formulated recipes, this book transforms cakes, biscuits and breads into low-fat, low-guilt delights. Enjoy a little healthy indulgence with Banana and Apricot Chelsea Buns, Date and Apple Muffins, or Angel Food Cake. This is the perfect cookbook for anyone who wants to watch their weight but doesn't want to relinquish the little pleasures of life. Try the recipes today and enjoy your favourite foods again.



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