



Low Fat Dream Desserts: Delicious Guilt-free Delights for All Seasons and Occasions (Hardback)

By Valerie Ferguson

Anness Publishing, United Kingdom, 2013. Hardback. Book Condition: New. 196 x 140 mm.

Language: English . Brand New Book. This title offers delicious guilt-free delights for all seasons and occasions. Indulge your craving for desserts with this guilt-free collection of over 30 recipes. It helps to create mouthwatering dishes that are completely satisfying yet very low in fat. It includes recipes to suit everyone, from simple fruit salads to impressive dinner-party gateaux. Enjoy classics such as Raspberry Vacherin, Tia Maria Gateau and Summer Pudding, all containing less than 5g/[UNK]oz of fat per portion. It includes a helpful guide to planning a low-fat diet and a useful chart of the fat and calorie content of common sweet ingredients. If you are trying to cut down the fat in your diet, you probably think you cannot enjoy delectable desserts and indulgent puddings. This book provides a selection of tasty recipes that you can enjoy without the guilt, as they have all been devised to be very low in fat. Many of the recipes use the natural sweetness of fruits to create wonderful tastes, such as Soft Fruit Pavlova and Blackberry Charlotte. There are also ideas that include alternatives to cream, such as...



READ ONLINE
[5.7 MB]

Reviews

Very good electronic book and valuable one. It is actually written in basic words instead of difficult to understand. I discovered this ebook from my i and dad encouraged this publication to discover.

-- Prof. Jevon Frami

This ebook will not be simple to start on looking at but really enjoyable to read. It is one of the most awesome books we have studied. Your life span is going to be transformed when you complete looking over this pdf.

-- Kayla Gutkowski

Other Books



[The Next Seven Years: A Guide to Help Kids Be Non-Buzzkill, Unicorn Riding, Stand Up Christian Teens.](#)

Createspace, United States, 2013. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Ready to have The Talk with your soon-to-be Teenager? No, of course not. None of us are really ready for...



[Games with Books : 28 of the Best Childrens Books and How to Use Them to Help Your Child Learn - From Preschool to Third Grade](#)

Book Condition: Brand New. Book Condition: Brand New.



[Games with Books : Twenty-Eight of the Best Childrens Books and How to Use Them to Help Your Child Learn - from Preschool to Third Grade](#)

Book Condition: Brand New. Book Condition: Brand New.



[Twelve Effective Ways to Help Your ADD/ADHD Child: Drug-Free Alternatives for.](#)

Book Condition: New. Ships From Canada. New. No dust jacket as issued. Glued binding. 264 p. Contains: Illustrations. Audience: General/trade. Book Info Consumer text of recommendations backed by scientific studies. Discusses diet, allergens, vitamins and minerals, and more. Softcover. About the Author...



[Everything Ser The Everything Green Baby Book From Pregnancy to Babys First Year An Easy and Affordable Guide to Help Moms Care for Their Baby And for the Earth by Jenn Savedge 2009 Paperback](#)

Book Condition: Brand New. Book Condition: Brand New.



[Weebies Family Halloween Night English Language: English Language British Full Colour](#)

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Children s Weebies Family Halloween Night Book 20 starts to teach Pre-School and Junior Children how to read with this...