



Low Fat Dream Desserts

Sandra Woodruff



Low Fat Dream Desserts:

Dream Desserts Nancy Baggett,1993 After years of testing and modifying her favorite traditional dessert recipes Baggett has significantly reduced the fat cholesterol and calorie counts of each without sacrificing taste or texture Over 85 guilt free delectable recipes include Chocolate Triple Layer Cake Lemon Cheesecake and Dark Fudgy Brownies 25 full color photographs **Low Fat Dream Desserts** ,1999 Packed with over 30 recipes these guides have clear and easy to follow instructions complemented by over 100 colour step by step photographs These books will appeal to cooks everywhere from novice to expert *Low Fat Dream Desserts* Valerie Ferguson,2013-09-18 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 *Diabetic Dream Desserts* Sandra Woodruff,1996 Presents low fat reduced sugar recipes and nutritional information for such diabetic safe treats as chocolate almond cannoli cake apple raisin bread pudding old fashioned peanut butter cookies cherry apple crisp and chocolate pecan biscotti *Diabetic Dream Desserts* Sandra L. Woodruff,2004 You can still have your cake and eat it too with this new edition of a bestselling dessert book for diabetics For most diabetics the hardest part of adjusting to a new way of eating is probably not being able to indulge in the desserts they once enjoyed Now diabetics need worry no more Bestselling author Sandra Woodruff has completely revised and updated her popular Diabetic Dream Desserts including new and improved recipes for cakes cookies brownies pies strudels frozen desserts and other sweet treats that taste better than ever **Coffeetime Indulgences** Linda Hegeman,Barbara Hayford,1995-10-15 Because every coffee occasion is different and every cup needs its perfect accompaniment this essential cookbook for coffee lovers provides 65 recipes for foods that go perfectly with coffee from muffins breads and scones to brownies bars cookies biscotti cakes crisps puddings pies tarts and tortes **The Publishers Weekly** ,1996 **Sweet Treats** ,1999 The Low Fat Cooks Companion Anness Publishing,2000 **The Low Fat Cook's Companion** Lorenz Books,2000 Over 300 delicious recipes created especially for the health conscious cook All those who want maximum satisfaction and minimal fat will be thrilled by this helpful guide

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