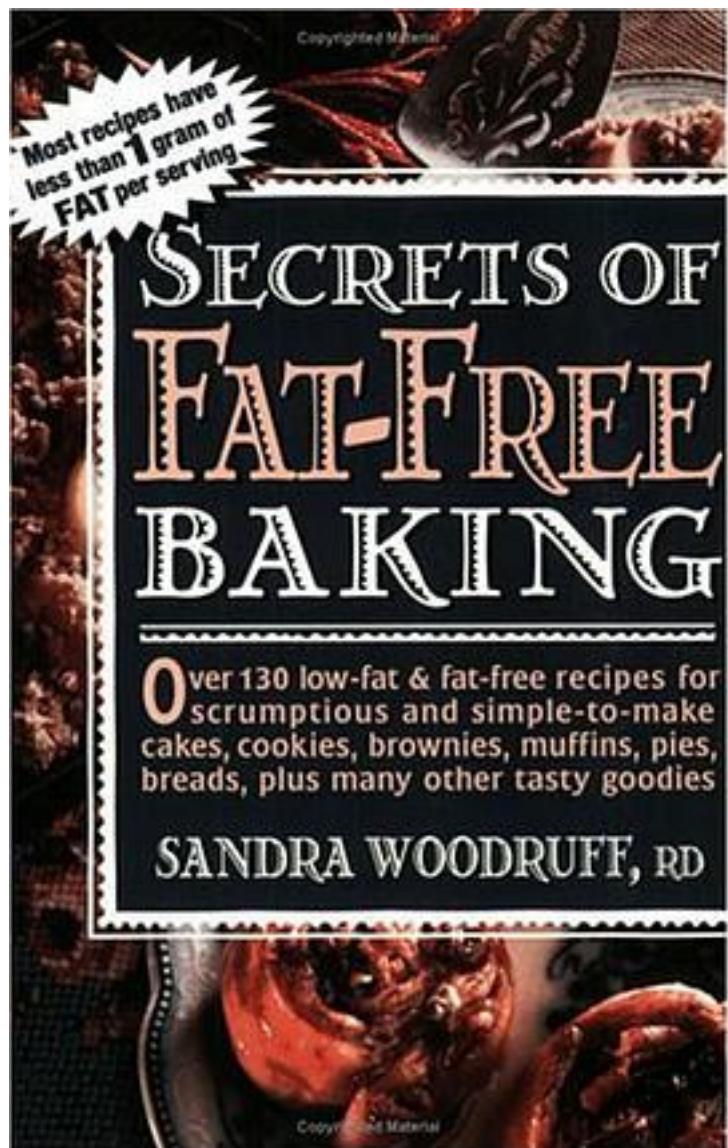


# Secrets of Fat-free Baking



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著者:Woodruff, Sandra

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The book features over 130 recipes that use fat substitutes such as fruit purees and juices, apple sauce, honey, nonfat yoghurt and buttermilk, and even mashed sweet potatoes and pumpkin.

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