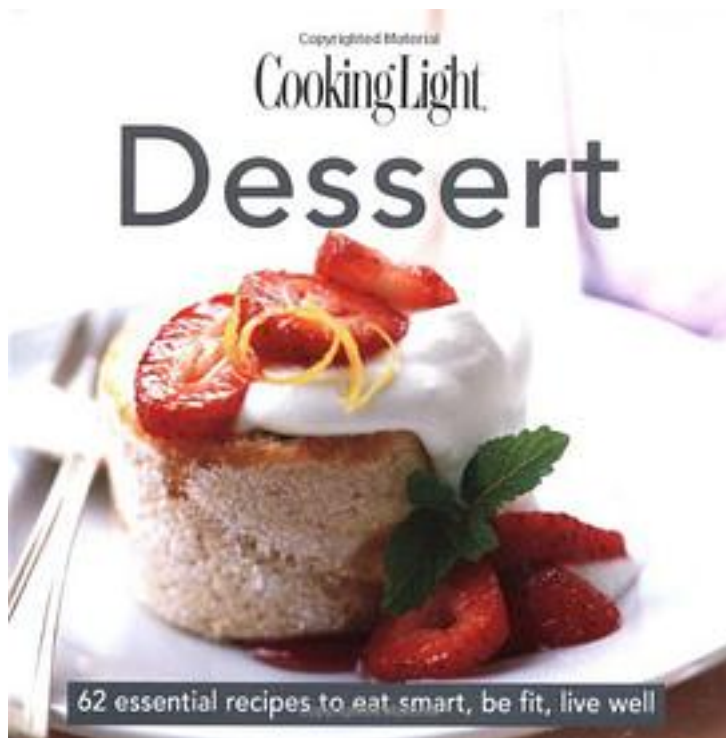


Cooking Light Dessert



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This volume is specially created as part of "The Cooking Light Cook's Essential Recipe Collection." When we say essential, we mean necessary, indispensable, even crucial. These are the recipes our staff simply can't do without. They are our own tried-and-true favorites, and we hope they'll soon be yours, too. When you take the time to cook, you want to trust in top-rated, kitchen-tested, healthful dishes that promise success and great flavor. In this volume you'll find: Over 60 essential kitchen-tested dessert recipes From New York Cheesecake to Gingersnaps, and from Easy Lemon Squares to vibrant Blueberry Gelato, "Cooking Light Dessert" offers you over 60 of "Cooking Light" magazine's best-of-the-best dessert recipes. Spoon into a

thick and creamy parfait glass filled with chocolaty Mocha Pudding Over 100 bold and bright full-color photos Each essential recipe is accompanied by a beautifully vivid full-page color photograph, along with an additional image and information on a particular ingredient or technique that's crucial to the recipe. Complete nutritional information for each recipe In your quest to eat smart, be fit, and live well, you'll find the complete nutritional analysis for each recipe amazingly helpful. Looking for a low-cal dessert? Try Strawberries and Oranges with Vanilla-Scented Wine. Need less sodium? Lemon-Ginger Sorbetto is ideal. Or maybe you want to increase your calcium intake. If so, Vanilla Bean Creme Brulee is a good choice. A complete guide to all things dessert Have a question about how to measure ingredients accurately? Or are you in search of the proper way to make the perfect pastry? Then check out our Cooking Class. This section is devoted to the ins and outs of making delicious and dependable desserts. You'll learn how to make perfect layer cakes and low-fat cookies, and we'll show you the best tools for your kitchen. It's everything you need to make great desserts

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