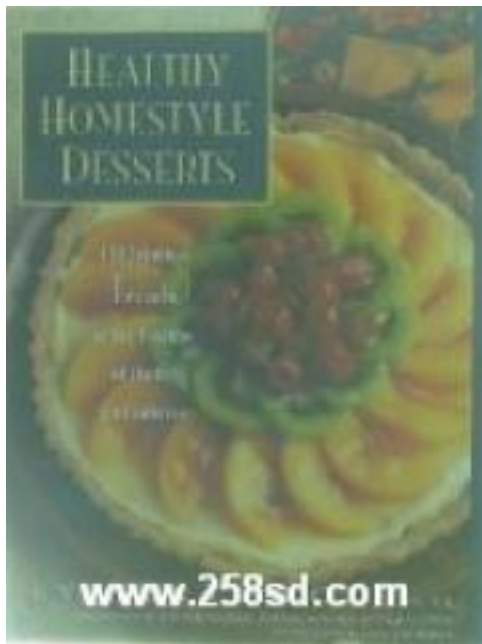


Healthy Homestyle Desserts: 150 Fabulous Treats with a Fraction of the Fat and Calories



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Amazon.com Nutritionist Evelyn Tribole pares calories, cholesterol and fat from her recipes for pretty much any decadent dessert you might want. Healthy Homestyle Desserts includes recipes for Double Chocolate Chip Brownies, Key Lime Pie, Tiramisu and White Chocolate Mousse, as well as cheesecakes and more while keeping the indulgent pleasures. Tribole also offers shrewd ways you can cut the fat and calories from your own favorite sweets. To clearly explain ways to “cheat effectively,” there are even tables showing how to substitute ingredients. Tribole also provides a section on how to avoid the problems commonly encountered

in making healthier desserts. Glowing photos show how tempting the results can be. From Publishers Weekly Dieters can now have their cake and figure too, thanks to award-winning nutritionist Tribole (Healthy Homestyle Cooking). Drawing from her monthly "Recipe Makeover" column in Shape magazine, this collection features a Nutrition Scorecard for each recipe that demonstrates how the fat and calories have been slashed (e.g., replacing butter with buttermilk, cream with nonfat yogurt). Pecan Bars, originally said to contain some 303 calories and 18 fat grams per serving, plummet to 148 calories and 6 fat grams; a Cinnamon Streusel Coffee Cake drops from 629 to 306 calories per serving. Recipes using such convenience foods as cake mixes, baby food, store-bought cookies and pie fillings will appeal to hurried cooks; the recipes relying less on commercial products will please other readers. Within the familiar chapter headings (Brownies, Cheesecakes, Frozen Desserts) are offered Black Forest Brownies, Grasshopper Mint Pie, Hazelnut Mousse, Cranberry Citrus Bundt Bread, Cappuccino Raspberry Cake and Pumpkin Cheesecake. The appendix includes charts for reducing quantities and making substitutions. This accessible cookbook aptly demonstrates that the words "diet" and "sacrifice" need no longer be synonymous. Photos not seen by PW. Author tour. Copyright 1996 Reed Business Information, Inc. See all Editorial Reviews

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