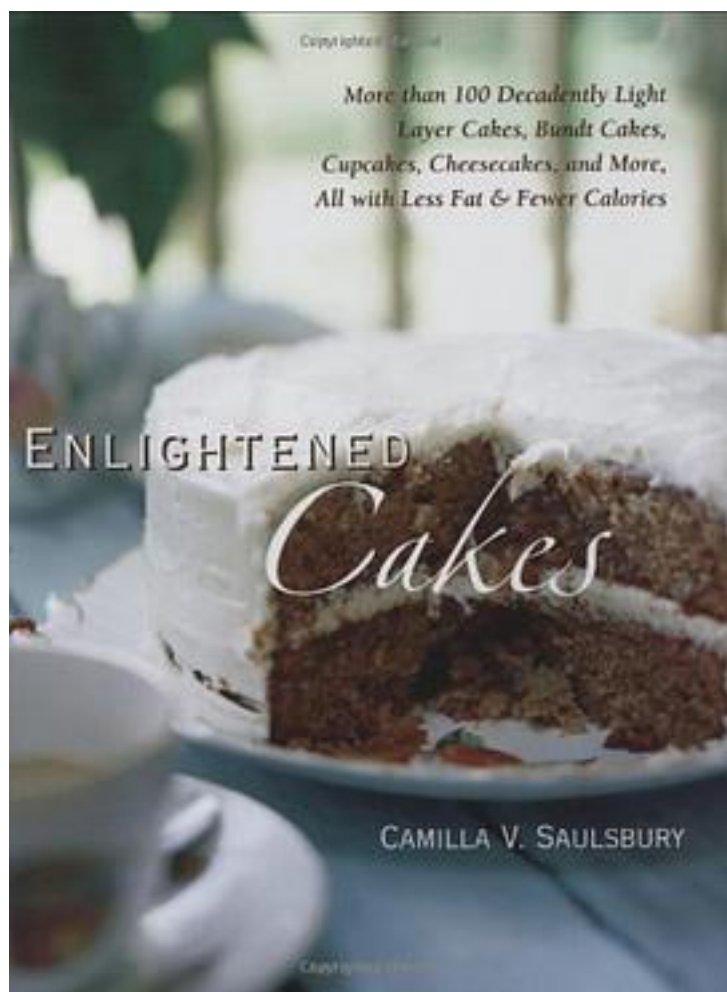


Enlightened Cakes



[Enlightened Cakes_ 下载链接1](#)

著者:Saulsbury, Camilla

出版者:

出版时间:2008-8

装帧:

isbn:9781581826265

If you have had a lifelong love affair with cake, ENLIGHTENED CAKES is for you. It contains a cake for every occasion. For a fuss-free cake for afternoon coffee with

friends, Cardamom-Scented Citrus Loaf or One-Bowl Chocolate Buttermilk Cake will do the trick (and can be mixed, assembled, and in the oven in less than ten minutes). These cakes are not hard to make. The recipes are straightforward, the ingredients commonly available, and the techniques geared toward the home baker. All have been field tested, which mean all of them work. And all follow well-recognized "enlightened" guidelines for healthy eating, including no more than 10 grams of fat per serving, utilization of healthy fats and oils, and incorporation of whole grains when possible. A nutritional analysis is included with every recipe, listing a breakdown of calories, protein, fat, saturated fat, carbohydrates, sodium, and cholesterol per serving.

作者介绍:

目录:

[Enlightened Cakes_ 下载链接1](#)

标签

评论

[Enlightened Cakes_ 下载链接1](#)

书评

[Enlightened Cakes_ 下载链接1](#)