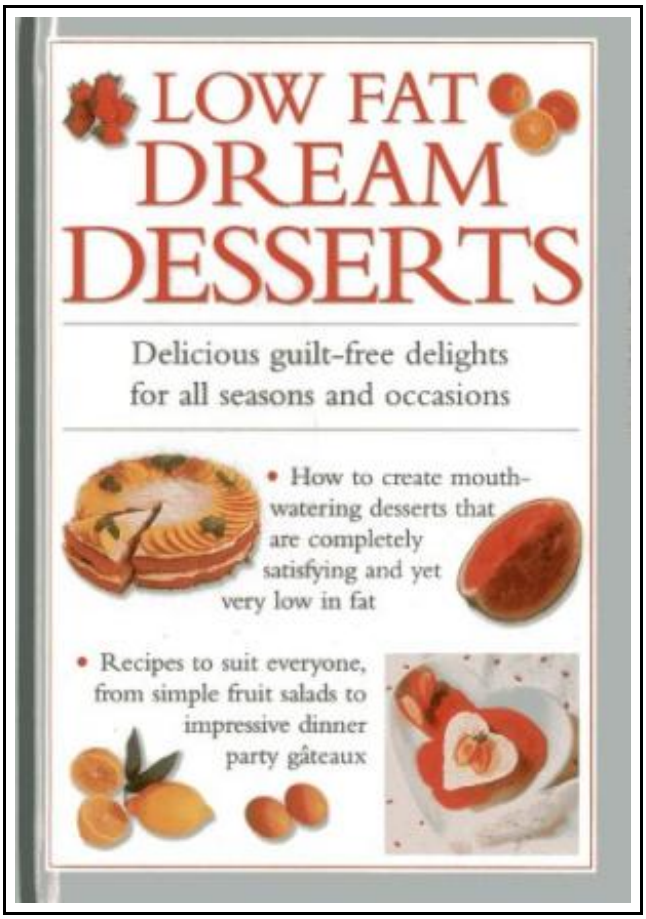
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Anness Publishing, United Kingdom, 2013. Hardback. Book Condition: New. 196 x 140 mm. Language: English . Brand New Book. This title offers delicious guilt-free delights for all seasons and occasions. Indulge your craving for desserts with this guilt-free collection of over 30 recipes. It helps to create mouthwatering dishes that are completely satisfying yet very low in fat. It includes recipes to suit everyone, from simple fruit salads to impressive dinner-party gateaux. Enjoy classics such as Raspberry Vacherin, Tia Maria Gateau and Summer Pudding, all containing less than 5g/[UNK]oz of fat per portion. It includes a helpful guide to planning a low-fat diet and a useful chart of the fat and calorie content of common sweet ingredients. 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, as they have all been devised to be very low in fat. Many of the recipes use the natural sweetness of fruits to create wonderful tastes, such as Soft Fruit Pavlova and Blackberry Charlotte. There are also ideas that include alternatives to cream, such as yogurt or low-fat creme fraiche, to create lighter versions of classic dishes. The calorie, fat, saturated fat and cholesterol contents are detailed for each dish, to help you choose the ideal recipe.

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