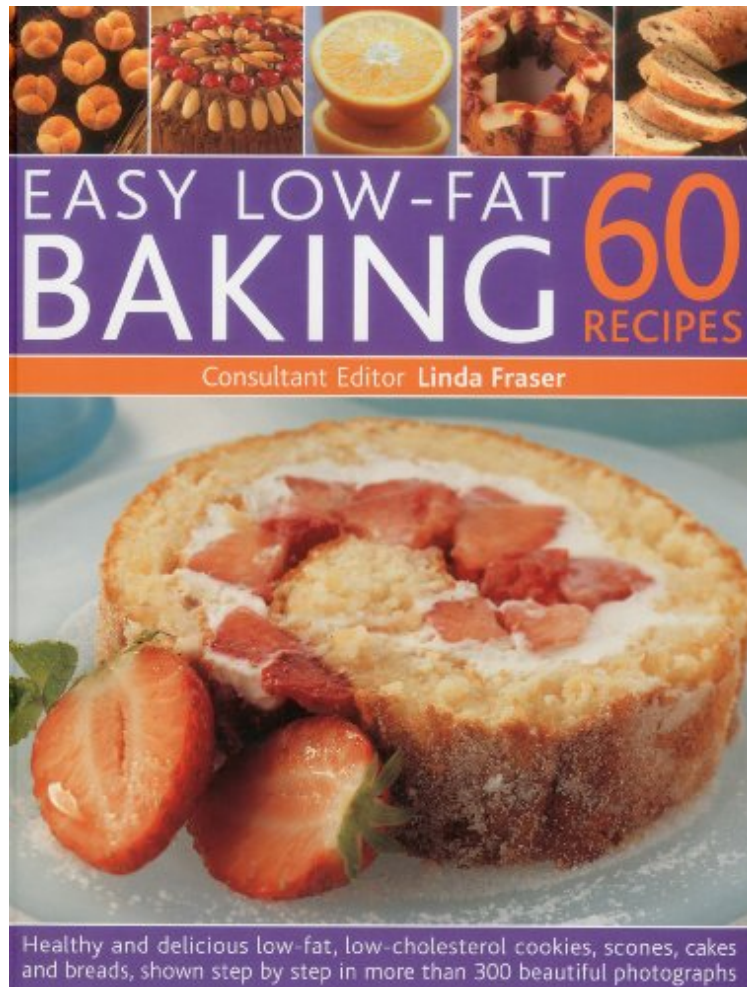


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With a detailed guide to alternative ingredients and carefully formulated recipes, this book transforms cakes, biscuits and breads into low-fat, low-guilt delights. Full nutritional breakdown with every recipe provided so you can easily keep a check on your fat intake.

About the Author Linda Fraser is a highly experienced author and editor. She was Cookery Editor on the successful BBC Good Food magazine and has since written and edited dozens of best-selling titles. Her many published works include Hot Spicy Kitchen Handbook, Low Fat Baking, Low Fat Sauces, 75 Classic Pasta Sauces, The Vegetarian Cookbook (all Southwater), Party Food, Quick Easy Pasta and Soups Starters (all Lorenz Books).