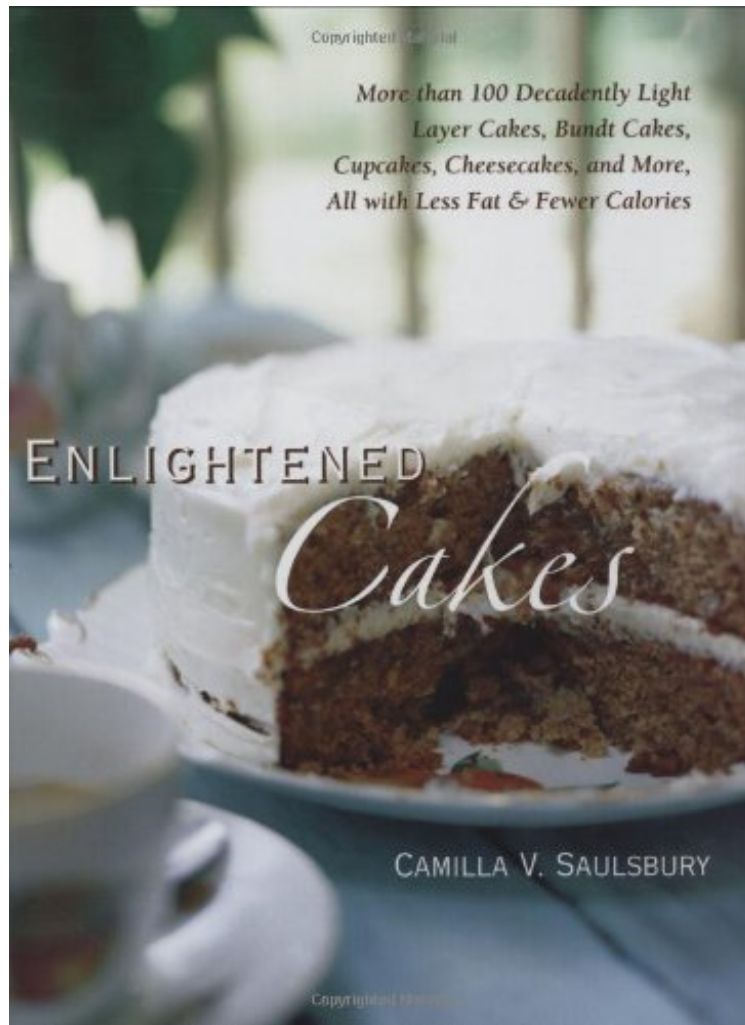


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Enlightened Cakes: More Than 100 Decadently Light Layer Cakes, Bundt Cakes, Cupcakes, Cheesecakes, and More, All with Less Fat and Fewer Calories

Camilla V. Saulsbury

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Camilla V. Saulsbury : Enlightened Cakes: More Than 100 Decadently Light Layer Cakes, Bundt Cakes, Cupcakes, Cheesecakes, and More, All with Less Fat and Fewer Calories before purchasing it in order to gage whether or not it would be worth my time, and all praised Enlightened Cakes: More Than 100 Decadently Light Layer Cakes, Bundt Cakes, Cupcakes, Cheesecakes, and More, All with Less Fat and Fewer Calories:

5 of 5 people found the following review helpful. Tasty but not sure how healthyBy M. D.I've made several cakes

from this book. They all have tasted great but the only 'lightened' thing in the recipes seems to be low fat evaporated/condensed milk and low fat cream cheese. I was expecting more drastic ways to reduce the calories. I can replace regular ingredients in any of my other cookbooks and make them as 'light' as the cakes in this book. It has great ideas and interesting combinations of flavors as well as traditional cakes which makes it a well rounded book. 1 of 1 people found the following review helpful. Lot's of recipesBy norma j foxThis cookbook has lots of varying types of cakes from simple to more complex. Easy to find ingredients and easy to follow instructions. 5 of 5 people found the following review helpful. Excellent!By DSI love this cookbook. For a long time I've been playing around with dessert recipes, tweaking them to make them healthier, so I was excited to find this book that had all the work done for me. I literally want to make every recipe in here - so many sound good! I have already made 4 recipes out of here and they have all been delicious - the Mayan Chocolate cupcakes and pumpkin pound cake are my favorites so far. There are several small but fantastic photos and the recipes are easy to follow. There's a good section on baking tips and tricks too.

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.

Calories? Who needs them? These slim, svelte cakes are pure bliss! Using bold spices, fresh ingredients, healthy fats and oils and even real sugar, culinary whiz Camilla Saulsbury has done the seemingly impossible: she's created healthier versions of everyone's favorite cakes without sacrificing flavor or texture. From Red Velvet Cupcakes to New York Cheesecake, these guilt-free treats are delicious, easy to make, low in calories and, remarkably, no more than 10 grams of fat per serving! In addition to trim twists on classic favorites--Strawberry Shortcake, Pound Cake, even molten Chocolate Cake--unforgettable confections like Chocolate Chipotle Cake are sure to add a sweet and spicy kick to any celebration. --The Good Cook, Summer 2008From the PublisherLife is filled with countless little pleasures--cake is one of the very best of them. And why wait for a special occasion? A triple-tiered lemon curd cake may be ideal for a birthday fecirc;te or bridal shower, but an impromptu batch of Mexican chocolate cupcakes is perfect for Sunday supper and a plum crumble cake is tops for teatime. Now, armed with your copy of Enlightened Cakes, you can have your cake and eat it too, all with significantly less fat and fewer calories. The development of lighter cakes for this collection---lower in fat and overall caloric content---took a considerable amount of testing and experimentation. While cutting back on butter and oil in cooking can be relatively simple, baking is a different story. With baking, each of the recipe's ingredients has a distinct, yet interdependent, role. Fat, in particular, lends cakes moisture, flavor and structure and cannot be reduced without altering the other ingredients of the recipe, as well as the assembly technique. But take heart: lightening cakes is possible, and Enlightened Cakes is delicious proof. The recipes incorporate a variety of techniques and ingredient swaps for cutting back on fat and calories in a wide range of cakes. The goal was simple: create great cakes, all without compromising flavor and texture. The result is more than 100 irresistible cakes for every occasion. Each recipe is unique and downright delectable; the results are every bit as irresistible as higher fat favorites--perhaps even more so. Moreover, each is a reminder that a cake needn't be complicated to be excellent. Whether you are a new or seasoned baker, you will find recipe after recipe that delivers impressive results, time and again. There's even more to recommend these cakes. In every chapter you'll find plenty of nostalgic flavors--think chocolate, caramel, vanilla, spice, luscious fruits and, yes, butter--they're all here, just with lighter fat and calorie profiles. Included, too, are innovative twists and captivating new tastes, such as fresh herbs, bold spices, floral accents, even some sassy takes on those old favorites--all to provide you with an ever-growing number of contemporary options for your cake-baking pleasure. Finally, Enlightened Cakes provides detailed ingredient information for stocking a cake-ready pantry, a list of different types and shapes of cake pans, and tips for storing your cake creations to preserve their flavor. Using the hints, your cake baking will be streamlined and stress-free. This collection will inspire you to head to the kitchen to let the baking begin. The recipes will take you through every season of the year from more delicate spring and summer fruit favorites and deep into fall and winter entertaining with scads of spice-scented, pumpkin-plumped and cranberry-jeweled creations.About the AuthorCamilla V. Saulsbury, a native of the San Francisco Bay Area, is a food writer, food scholar, and recipe developer. Her award-winning recipes have appeared in Southern Living, Better Homes and Gardens, Vegetarian Times, Cook's Country, Cooking Light, and Sunset. The author of Enlightened Chocolate, Brownie Mix Bliss, Cake Mix Cookies, Puff Pastry Perfection, Panna Cotta: Italy's Elegant Custard Made Easy, Cookie Dough Delights, and No-Bake Cookies, she earned her doctorate

from Indiana University and lives in Texas with her husband and son. Camilla Saulsbury is a freelance food writer, cooking instructor, and author of multiple cooking titles. She has been featured on QVC and Today on NBC, and has also made multiple appearances on the Food Network. Saulsbury is the brand ambassador for Pepperidge Farm Puff Pastry and has recently served as spokesperson for Pillsbury baking mixes, developing rainy day baking recipes for children. Last, she has won several major national cooking competitions, including the Food Network's \$25,000 Ultimate Recipe Showdown in 2007, the \$50,000 Build a Better Burger Contest in 2006, and the \$100,000 National Chicken Cook-Off in 2005. She lives in Texas with her husband and son.