

[Free] Good for You Cookies!

Good for You Cookies!

Jane M. Dieckmann

*ePub / *DOC / audiobook / ebooks / Download PDF*



#5557129 in Books Crossing Pr 1987-09Original language:EnglishPDF # 1 8.00 x 6.00 x .50l, #File Name:
0895942534126 pages | File size: 20.Mb

Jane M. Dieckmann : Good for You Cookies! before purchasing it in order to gage whether or not it would be worth my time, and all praised Good for You Cookies!:

1 of 1 people found the following review helpful. Good Book!By A CustomerUsually, this book isn't very expensive (unless it's now gone into the collector realm or something. I believe I purchased it within the last year). I'm sure it was under 10.00.Now, normally I don't use cookbooks that don't show me pictures, but I bought this one through the mail, on a whim and have not regretted it. The book is about 126 pages and contains an intro giving basic ideas on how to convert other cookie recipes to healthy cookie recipes if you can't find what you need here. The recipes are very good. A little pal of mine, who was about 5 years old at the time, couldn't get enough of one of the recipes we tried. The recipes offer healthier ingredients, as well as good ways to get extra items into your diet that you might normally have a hard time enjoying - like wheat germ. All the recipes I've tried, I've enjoyed. Here is a list of chapters: About Cookies, Drop Cookies, Bars and Squares, Refirgerator Cookies, Rolled Cookies, Unbaked Cookies, Glazes and Frostings, Appendix: Nutrient Values, and, of course, Index In my opinion, this little book is definitely worth getting your hands on.

Book by Dieckmann, Jane M.