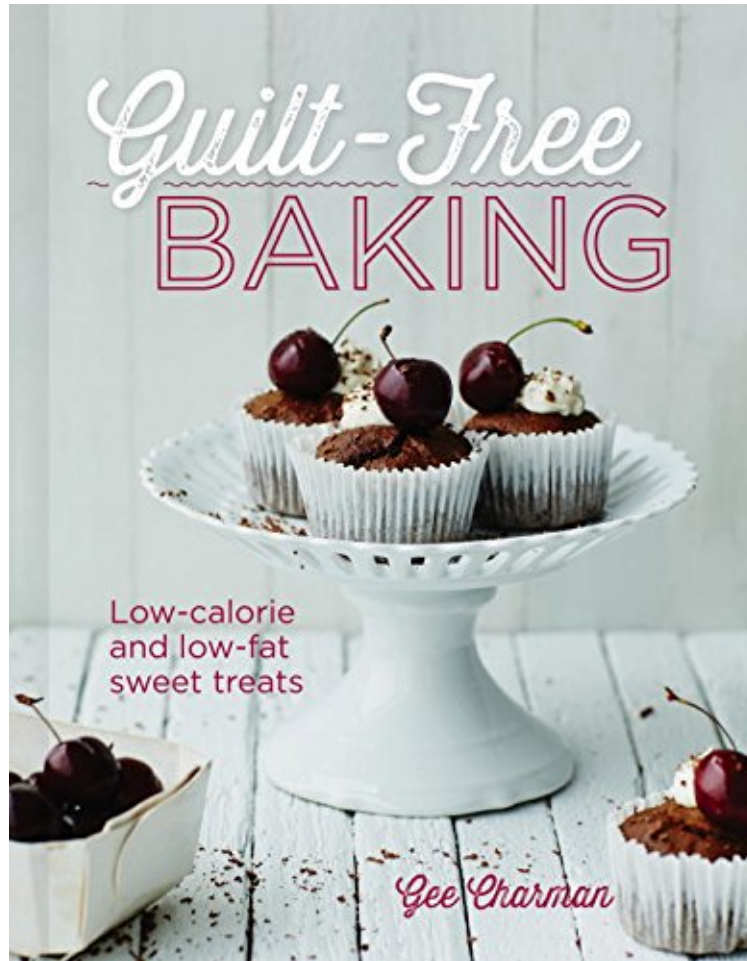


## Guilt-Free Baking: Low-Calorie and Low-Fat Sweet Treats

*Gee Charman*

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**Gee Charman : Guilt-Free Baking: Low-Calorie and Low-Fat Sweet Treats** before purchasing it in order to gage whether or not it would be worth my time, and all praised Guilt-Free Baking: Low-Calorie and Low-Fat Sweet Treats:

1 of 4 people found the following review helpful. Just received my cook book and it looks great. Only disappointment is that as the author is ...By Lynn SJust received my cook book and it looks great. Only disappointment is that as the author is British, I had hoped the ingredients would be in grams or ounces and not converted to the ridiculous US cup system!

Lifersquo;s too short to feel guilty about eating cake... Low-fat and low-calorie baking doesnrsquo;t have to mean filling your cakes with artificial sweeteners or bland low-fat substitutes. Instead, delight in guilt-free goodies that use innovative and healthy ways to add flavour and texture, so you wonrsquo;t feel that all the fun bits have disappeared! Gee Charman is from the new school of low-fat baking. Focusing on using healthy ingredients with fantastic flavours,

as well as good fats that actually help you to lose weight, she gives you cakes and cookies, tarts and tray bakes, and fondants and frostings that you can eat to your hearts' content. Rather than filling her bakes with artificial sweeteners or bland low-fat substitutes, she finds ingenious ways to add flavour and texture to low-fat cakes. Try Chocolate Cupcakes, for example, made with a delicious melted dark chocolate and avocado frosting (full of healthy flavanols and essential fatty acids), use tofu to create a soft, creamy Raspberry Ripple Cheesecake, or add rosemary to a low-fat Plum Almond Tart to make it taste divine. Whether you want to whip up a simple treat for a rainy day, create a show-stopping spread for a party, or enjoy a romantic, indulgent dessert, this book will show you how you can have your cake and eat it!

About the Author Gee Charman spent several years cooking for the Royal Family at Kensington Palace after training at Tante Marie. She set up a successful catering company and has made a name for herself working as a food stylist for television shows such as Daily Cooks and Britain's Best Dish, as well as for celebrity chefs like the Hairy Bikers, James Martin and Gordon Ramsey. The author lives in UK.