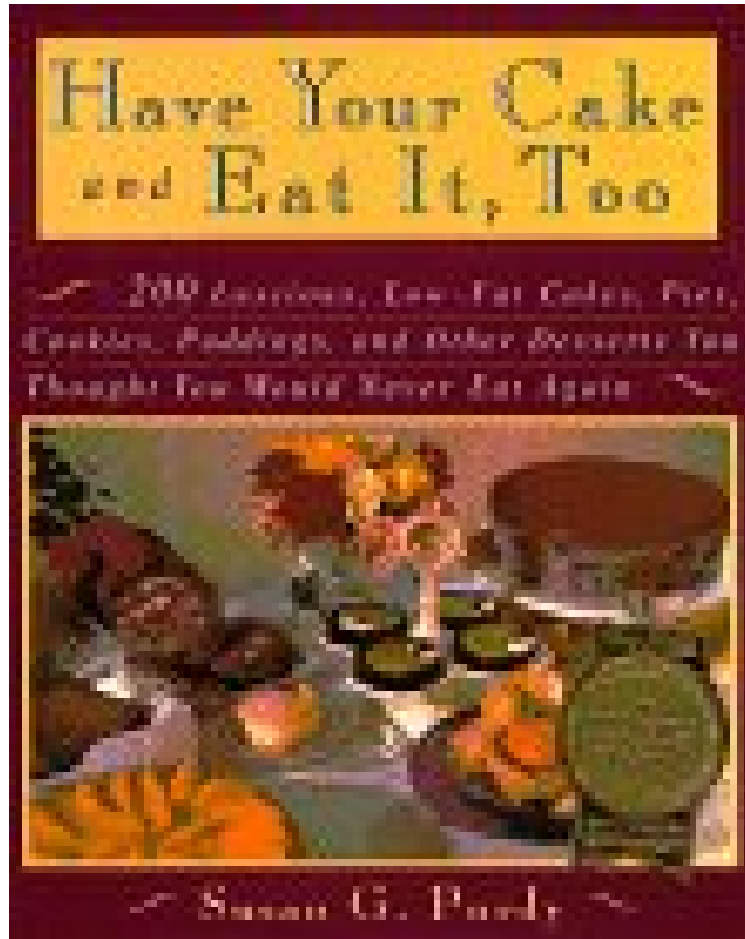


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## Have Your Cake and Eat it, Too

*Susan G. Purdy*

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**Susan G. Purdy : Have Your Cake and Eat it, Too** before purchasing it in order to gage whether or not it would be worth my time, and all praised Have Your Cake and Eat it, Too:

1 of 1 people found the following review helpful. Perfect book for my householdBy Jane OsypowskiI've tried a couple of recipes and they were delicious. Guests enjoyed the blueberry muffins and my husband loves that he can eat low fat and still have dessert.1 of 1 people found the following review helpful. the title says it allBy PakasoGood book for folks who want to watch their waistline and also have desserts. I love Susan's other book (let them eat cake) a little better (mostly because this has a LOT of cheesecake recipes that I do not like at all, but that is just me). I have made several recipes (I especially liked the fruit crisp topping which I keep handy in my fridge for instant crisp in the microwave, and the chocolate biscotti) in the book and most of them are good enough that I have no need for the full fat version.1 of 1 people found the following review helpful. What better way to eat your cakeBy Cakes By WhalesHave your cake....any way you want it..is a superb compendium. A bakery will succeed on this tome alone.Go

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The author of *A Piece of Cake* presents two hundred low-fat, low-cholesterol dessert recipes with nutritional analyses, substitutions, a glossary, and an index including special sections such as "yolk-free" and "lactose-free." 50,000 first printing. \$50,000 ad/promo. Tour.

From BooklistPurdy's is the most careful and thoughtful collection of light sweets that's appeared in recent memory. Those intent on discovering how ingredients react and the chemistry of fats will be sated by her explanations; those searching for great taste and less fattiness will find both in her 200 recipes. Fruits, egg whites, nonfat milk, and decreased quantities of sugar and butter make the difference; in fact, 10 varieties of cheesecake alone, from elegant apple to brown sugar with spiced blueberry sauce, are indicative of her baking imagination. Each dessert includes notes about yield, advance preparation needed, special equipment, temperature and time, and nutritional analysis, as well as a comparison to the traditional recipe. Barbara Jacobs  
About the AuthorSusan G. Purdy, CCP, is a well-known, widely traveled baking teacher, journalist, and author of thirty books, including twelve cookbooks. Her most recent works are *The Perfect Cake* and *The Perfect Pie*, as well as the IACP/Julia Child Cookbook Award-winning *Have Your Cake and Eat It, Too*.