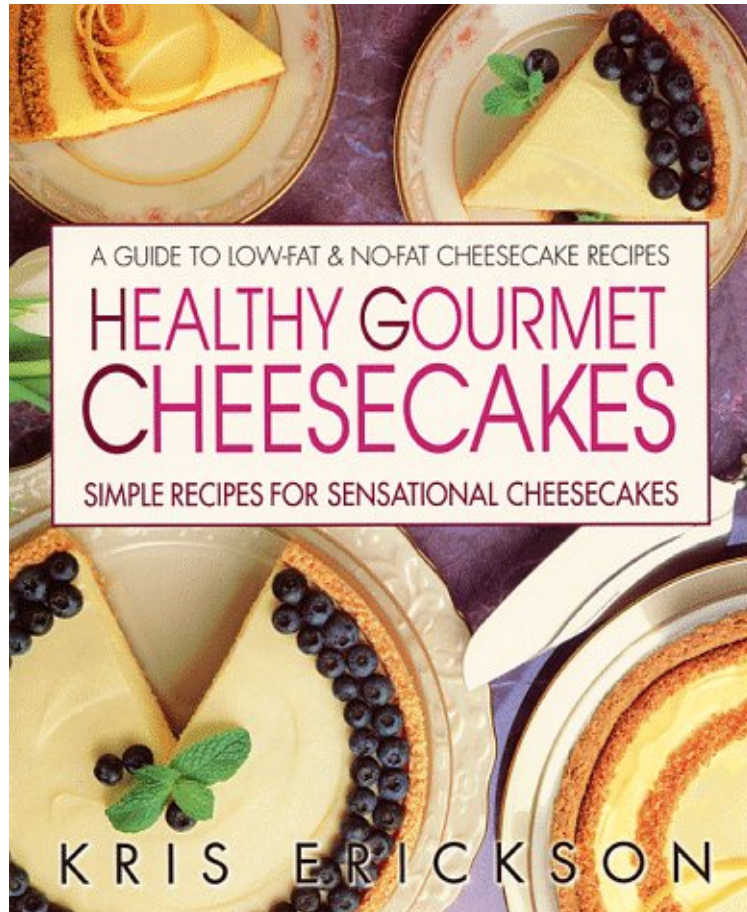


[Pdf free] Healthy Gourmet Cheesecakes

## Healthy Gourmet Cheesecakes

*Kris Erickson*

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



DOWNLOAD



READ ONLINE

#5402890 in Books Avery 1995-01-01 1995-01-01 Original language:English PDF # 1 9.18 x .86 x 7.56l,  
#File Name: 0895297833324 pages | File size: 25.Mb

**Kris Erickson : Healthy Gourmet Cheesecakes** before purchasing it in order to gage whether or not it would be worth my time, and all praised Healthy Gourmet Cheesecakes:

1 of 2 people found the following review helpful. Want creamy low-fat cheesecakes? Get this cookbook!By matejka@bga.comI've made several of these recipes from this cookbook with great results! My husband and I couldn't believe how good and creamy they were!

If cheesecake is your weakness, you won't have to deny yourself anymore-- Features close to 150 recipes, each with as little as 150 calories per serving Cheesecake: creamy, rich, and low-fat. Starting with basic recipes for low-fat and fat-free cheesecakes, Kris Erickson covers the range of flavors, from classics such as Lemon and Strawberry to delectable variations such as Pina Colada and Double Chocolate Mocha cheesecakes. Even inexperienced bakers can wow guests with cheesecakes that cut down the fat -- and the guilt.

From BooklistAsk any American to name a sinfully rich dessert, and the answer "cheesecake" is bound to come back.

So it takes some imagination to create a cheesecake with little or no fat. Erickson demonstrates that a slice of cheesecake need not always be beyond the reach of the most meticulous dieter. She accomplishes this with a handful of fat-free food substitutes for cream cheese, eggs, butter, and sour cream. For those demanding a nutritious dessert, Erickson offers tofu-based cheesecake. A lactose-free cheesecake arises from pureed tofu and garbanzo beans. Since crusts can be a hidden fat source, Erickson has developed fat-free graham-cracker crusts and other crumb-based cheesecake crusts. Once the basic pattern is established, variations are almost endless, and Erickson demonstrates that one can simulate, for example, nut flavors through the use of naturally fat-free extracts and liqueurs. Summer dessert makers will appreciate the large number of no-baking recipes. Mark Knoblauch