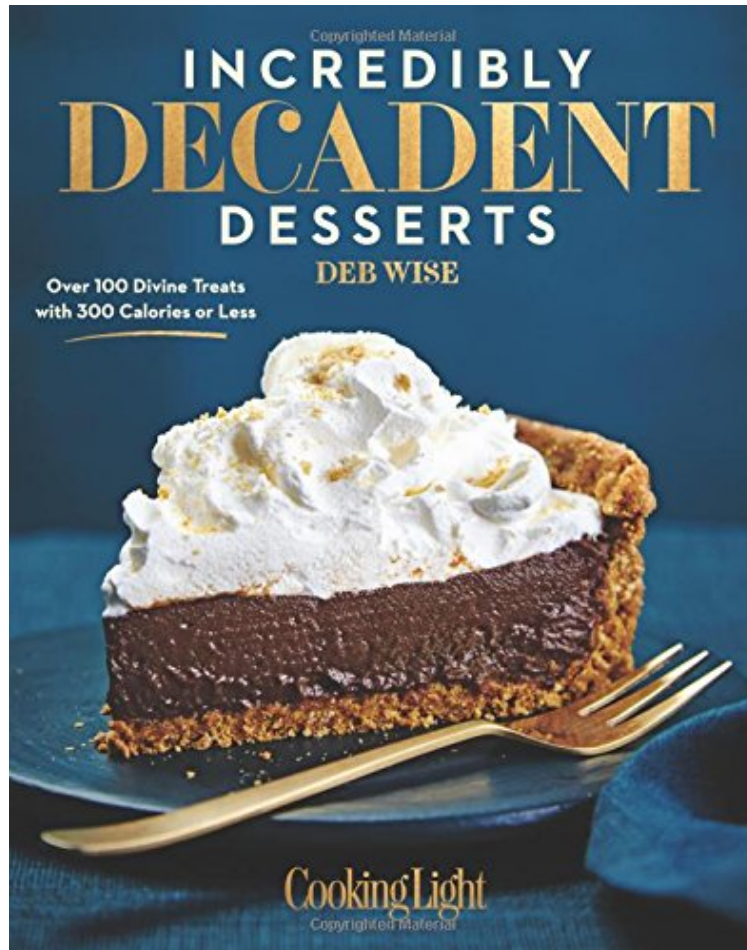


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Incredibly Decadent Desserts: Over 100 Divine Treats with 300 Calories or Less

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#844730 in Books The Editors of Cooking Light Magazine Deb Wise 2015-10-27 2015-10-27 Original language:English PDF # 1 9.63 x 1.00 x 7.75l, .0 #File Name: 0848744519272 pages Incredibly Decadent Desserts Over 100 Divine Treats with 300 Calories or Less | File size: 60.Mb

Deb Wise, Editors of Cooking Light Magazine : Incredibly Decadent Desserts: Over 100 Divine Treats with 300 Calories or Less before purchasing it in order to gauge whether or not it would be worth my time, and all praised Incredibly Decadent Desserts: Over 100 Divine Treats with 300 Calories or Less:

1 of 1 people found the following review helpful. Not For Me By Narmada The nutritional information is incomplete. It did not include the grams of sugar! I cannot use recipes that do not give that information, along with the grams of saturated fat, protein and calories per serving. The amount of a serving must also be included. 0 of 1 people found the following review helpful. Five Stars By mickie48 Like the cookbook. Haven't tried a recipe yet but they sounds good. 10 of 10 people found the following review helpful. Delicious Book By Antigone Walsh this book is delicious in appearance and in contents. Hard covered it features beautiful colored photographs of each recipe. the writing is good

and the directions are easy to follow. Even the most healthy conscious, occasionally craves dessert. There is a good and interesting assortment here including a bacon and brew muffin that uses bacon and beer, hummingbird mini bundt cakes, raspberry spice buns, a goodly assortment of cookies, pies, puddings, frozen desserts and cookies. There are no exotic ingredients. Both the nutritional information and the amount of time needed, hands on and total needed, are provided. But lo-cal may not necessarily translate into healthy. I was a bit surprised by her vigorous defense of Cool Whip Lite as an ingredient. Yes it cuts calories and fat content and is addictively sweet and creamy. but it also contains high fructose corn syrup and hydrogenated vegetable oil along with artificial flavoring xanthan and guar gums, polysorbate 60, sorbitan monostearate and sodium polyphosphates. It is not used in all the recipes but a number including some pies, cheesecakes and eclair filling. Not saying that it will kill you but I would rather a smaller serving with natural ingredients than a chemically induced dessert, no matter how delicious. That being said, this is an attractive book that delivers great flavor without breaking the calorie bank.

If you've ever skipped dessert because you didn't want to indulge, Cooking Light has the solution: guilt-free versions of your favorite recipes that cut calories without sacrificing flavor. The secret? Deb Wise, an experienced baker who has perfected the art of healthy baking and dessert-making.

"A pure pleasure to browse and truly inspiring to plan menus with, *Incredibly Decadent Desserts* will prove to be an enduringly popular addition to any personal, family, or community library cookbook collection!"
Midwest Book About the Author
Deb Wise is a truly innovative baker who enjoys the challenge of creating delicious desserts. For the past six years, she's worked as a recipe tester and recipe developer in the Cooking Light test kitchen where she has produced many of the magazine's top-rated desserts. She earned her culinary degree from the Culinary Institute of America in Hyde Park, New York and polished her pastry chops as a pastry cook at the Opryland Hotel in Nashville and Sailfish Point in Stuart, Florida. When she's not working in the Cooking Light test kitchen, she creates wedding cakes as well as specialty cakes and truffles for high-end caterers. She shares her baking tips regularly at CookingLight.com.