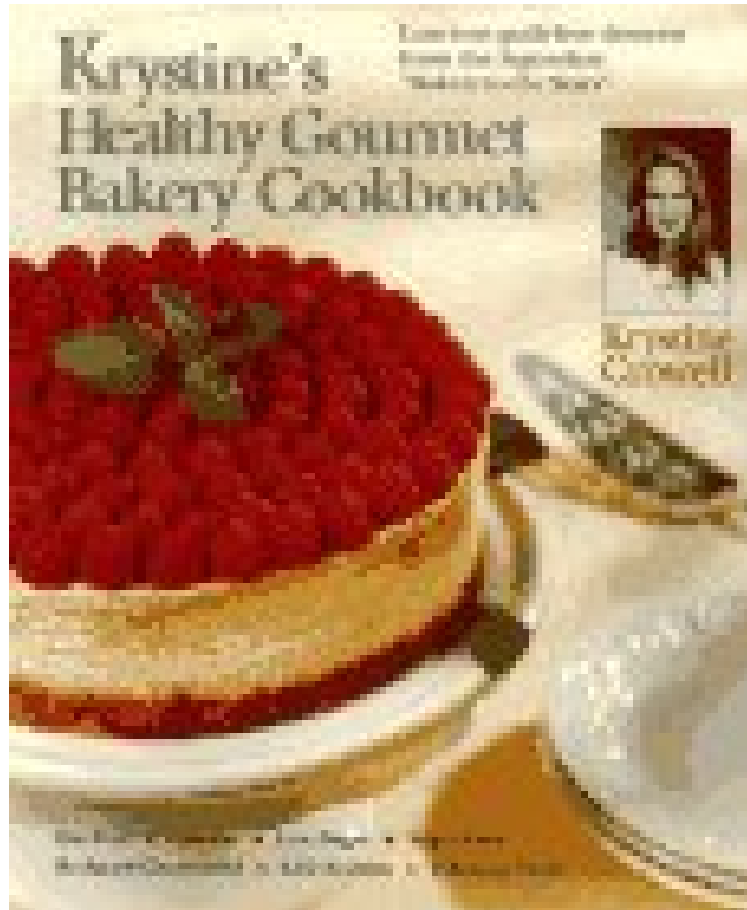


(Read ebook) Krystine's Healthy Gourmet Bakery Cookbook

Krystine's Healthy Gourmet Bakery Cookbook

Krystine Crowell

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#3087615 in Books HP 1998-03-01 1998-03-01 Ingredients: Example Ingredients Original language: English PDF # 1 9.40 x .93 x 7.76l, Binding: Mass Market Paperback 256 pages | File size: 52.Mb

Krystine Crowell : Krystine's Healthy Gourmet Bakery Cookbook before purchasing it in order to gauge whether or not it would be worth my time, and all praised Krystine's Healthy Gourmet Bakery Cookbook:

8 of 8 people found the following review helpful. Wonderful! By A Customer I read the recent review by booklist and agree with some of their thoughts. Although I must add some of the author's ideas are extremely innovative, especially when it comes to the recipes calling for tofu. I was amazed how wonderful these desserts tasted. When it came to the aspartame I myself had some difficulty with it but after a couple tries I found there is a technique that cannot be deviated from. I'm happy to say that my sugar-free pumpkin pie turned out terrific! I found the recipes not intimidating, very simple to understand. It's a definite must. I have no doubt it will become a classic. 5 of 5 people found the following review helpful. Skeptical at first but one taste and I'm hooked! By A Customer What a treat! I'll admit, I was skeptical but wow, after the first recipe, my friends asked for more. I thought the stuff would be bland or dry or just not taste like the real thing but these recipes are the real thing and your waistline won't know the difference cause there isn't any! Thanks Krystine! 14 of 15 people found the following review helpful. A terrific cookbook-- everything turns out delicious! By A Customer Most "low-fat" or "Healthy" recipes seem to be gummy, tasteless, or

taste like animal feed. These muffins, scones, and other goodies are actually worth the trouble of baking and eating. And it's nice to have some decent-tasting desserts to serve when my vegan or diabetic friends visit.

Book by Crowell, Krystine

From Booklist Can "healthy" and "sugar" coexist in a recipe? According to Crowell and the celebrities who patronize her two Southern California bakeries, the answer is an emphatic yes. None of the author's tricks are particularly innovative; pureed fruits and liquid egg substitutes, for example, are used instead of extra sugar and whole eggs. Where she deviates from the dozens of other low-fat, no-fat cookbooks is in her combination of ingredients; old favorites share space with some new tastes. Best is the more-than-20-recipes chapter intended for strict diabetics; although some might question the stability of aspartame after heating, Crowell manages to shave additional calories from, say, a carob mousse or a blueberry oat bran muffin without sacrificing much of the sweetness. With Hollywood names mentioned or endorsing, demand is imminent. Metric conversion charts appended. Barbara Jacobs

About the Author Krystine Crowell is the owner of the renowned Krystine's Healthy Gourmet Bakery in Southern California. She has provided her amazing baked goods to an all-star client list that includes Steven Spielberg, Meg Ryan, Warren Beatty, and Annette Bening.