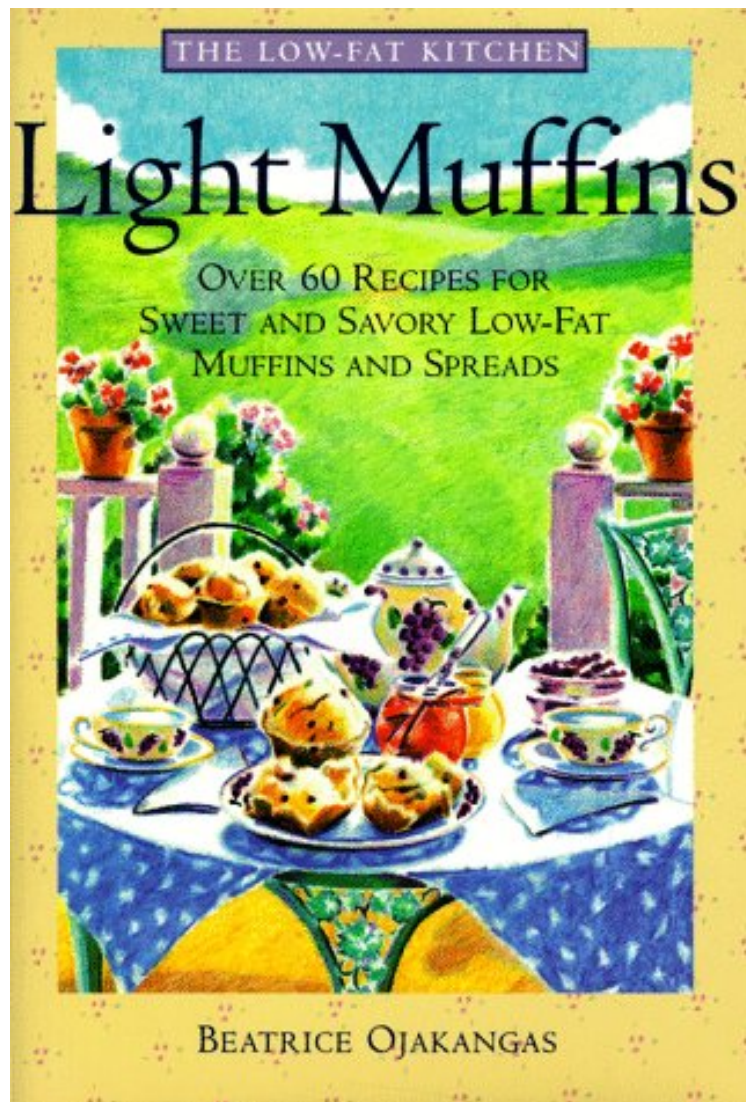


[Download] Light Muffins: Over 60 Recipes for Sweet and Savory Low-Fat Muffins and Spreads (Low-Fat Kitchen)

## Light Muffins: Over 60 Recipes for Sweet and Savory Low-Fat Muffins and Spreads (Low-Fat Kitchen)

Beatrice Ojakangas

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Beatrice Ojakangas : **Light Muffins: Over 60 Recipes for Sweet and Savory Low-Fat Muffins and Spreads (Low-Fat Kitchen)** before purchasing it in order to gage whether or not it would be worth my time, and all praised Light Muffins: Over 60 Recipes for Sweet and Savory Low-Fat Muffins and Spreads (Low-Fat Kitchen):

0 of 0 people found the following review helpful. Great recipes without the guilt!!!By TessiegaleI absolutely love

muffins!! However, I was tired of eating the high fat, high calorie versions. I went to my local library and picked out this book. I tried a few of the recipes at home and at my office and they loved them!!! And the recipes are so easy too! I liked the book so much that I had to order it on . Of course I had to extend the library book until I received my purchased copy. I didn't want to be without it for one day! It was definitely worth it!!!0 of 0 people found the following review helpful. Good RecipesBy DonnaRussellThis has a lot of good recipes. I am trying them little by little.0 of 0 people found the following review helpful. A Great Little Muffin Recipe Book.By KibblesBitsIf you like muffins but not the calories that usually goes with them than this is the recipe book you want. It is easy to follow, so much so that the kids, or in my case, grand kids will love to help you out. It makes for a good time of making muffins while bulding a relationship.]Enjoy!!

Muffins for breakfast, muffins for snacks, muffins with a meal, even muffins for dessert! America loves muffins, but recently everyone has become aware that this popular treat can be a minefield of fat and calories. Now, in *Light Muffins*, Beatrice Ojakangas turns this favorite food into a delicious, healthful, low-fat treat. Replacing high-fat ingredients, such as butter and oils, with naturally low-fat substitutes, such as fruit purees and extra liquid, Beatrice Ojakangas proves that muffins don't have to be bad for you to taste great. She fills chapters such as *Breakfast and Brunch Muffins*, *Savory Muffins*, *Snack Muffins*, *Dessert Muffins*, *Fat-free Muffins*, and *Spreads* with delicious muffin recipes to appeal to all tastes, and each of the 60 recipes is accompanied by a nutritional breakdown. Quick and simple to make, Beatrice's well-tested recipes ensure that the results are always moist, tender, and irresistible. Beatrice Ojakangas, one of America's favorite bakers, brings her years of baking expertise to this book, and knows that if a muffin doesn't taste wonderful, it doesn't matter how good it is for you. *Light Muffins* is sure to be a staple on every baker's cookbook shelf, satisfying muffin cravings for any time of the day or night.

From Publishers WeeklyLike the low-fat muffins starring in these sure-to-please 60-plus recipes, this collection packs a lot of flavor in a palm-sized package. Ojakangas (*Quick Breads Light Desserts*) begins with a short course in technique (mix batter "just until the dry ingredients are moistened") and an explanation of how she reduced fat content to 30% or less while maintaining the characteristic flavor and tenderness of muffins (e.g., increasing amount of liquid, shortening baking time, raising oven temperature). Included among such traditional offerings as *Breakfast Apple Muffins* (with oatmeal, diced Granny Smith apple, currants and spices) and *Orange-Cranberry Muffins*, are slightly more elegant variations: *Hazelnut-Pear*, with lemon zest and nut oil, and *Hot Cross Muffins*, calling for cake flour and nonfat yogurt. Savory muffins include those made with sun-dried tomatoes and spinach and *Dilly Cheese Muffins*, made moist with nonfat cottage cheese. The chapter *Dessert Muffins* includes *Chocolate Spice-Zucchini*, using cocoa powder, nonfat buttermilk and nut oil. Recipes for fat-free muffins, most made with fruit purees, and spreads are included in this reliable, tempting collection. Copyright 1995 Reed Business Information, Inc.From BooklistIn the hands of this master baker, muffin making virtually becomes an art form. Ojakangas' cornucopia of low-fat recipes reflects the ever increasing demand for more healthful fare. It also reflects the research and development that went into reworking or converting formulations from a popular earlier book, *Muffins*, in order to maintain taste and moistness while reducing or substituting certain ingredients. Among the more than 60 delectable recipes are such innovative treats as sun-dried tomato and spinach muffins and both savory and fruit spreads to enhance the baked goodies. Includes nutritional information for each offering. Alice JoyceFrom the Inside FlapMuffins for breakfast, muffins for snacks, muffins with a meal, even muffins for dessert! America loves muffins, but recently everyone has become aware that this popular treat can be a minefield of fat and calories. Now, in *Light Muffins*, Beatrice Ojakangas turns this favorite food into a delicious, healthful, low-fat treat. Replacing high-fat ingredients, such as butter and oils, with naturally low-fat substitutes, such as fruit purees and extra liquid, Beatrice Ojakangas proves that muffins don't have to be bad for you to taste great. She fills chapters such as *Breakfast and Brunch Muffins*, *Savory Muffins*, *Snack Muffins*, *Dessert Muffins*, *Fat-free Muffins*, and *Spreads* with delicious muffin recipes to appeal to all tastes, and each of the 60 recipes is accompanied by a nutritional breakdown. Quick and simple to make, Beatrice's well-tested recipes ensure that the results are always moist, tender, and irresistible. Beatrice Ojakangas, one of America's favorite bakers, brings her years of baking expertise to this book, and knows that if a muffin doesn't taste wonderful, it doesn't matter how good it is for you. *Light Muffins* is sure to be a staple on every baker's cookbook shelf, satisfying muffin cravings for any time of the day or night.