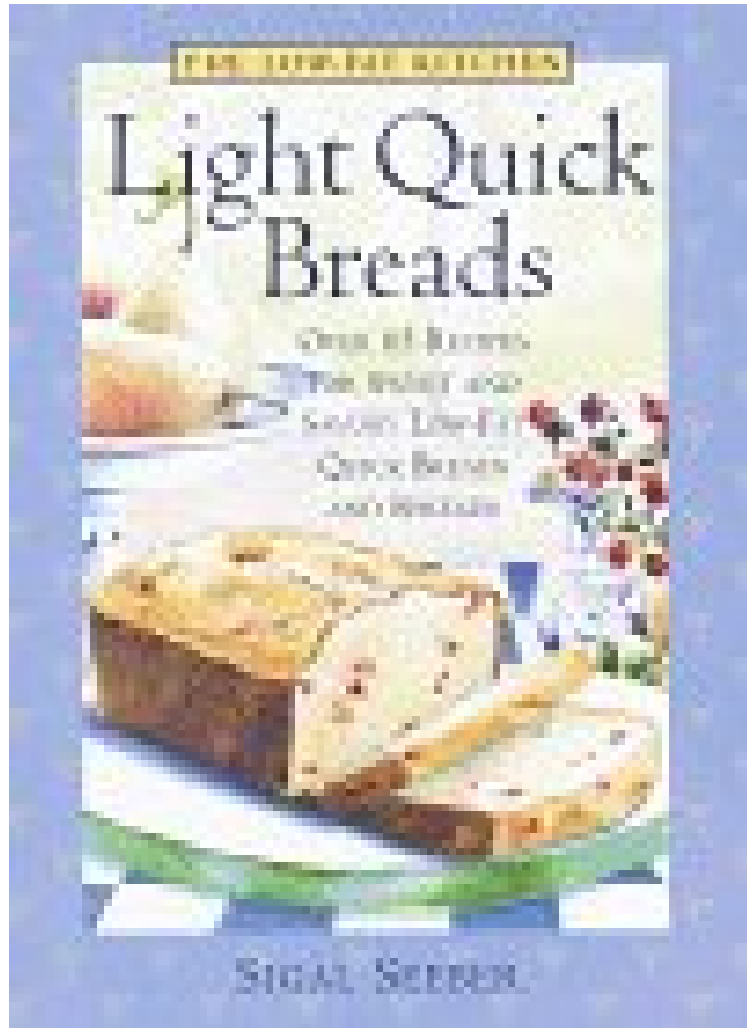


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Low-Fat Kitchen, The: Light Quick Breads: Over 65 Recipes for Sweet and Savory Low-Fat Quick Breads and Spreads (The low-fat kitchen)

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Sigal Seeber : Low-Fat Kitchen, The: Light Quick Breads: Over 65 Recipes for Sweet and Savory Low-Fat Quick Breads and Spreads (The low-fat kitchen) before purchasing it in order to gage whether or not it would be worth my time, and all praised Low-Fat Kitchen, The: Light Quick Breads: Over 65 Recipes for Sweet and Savory Low-Fat Quick Breads and Spreads (The low-fat kitchen):

0 of 0 people found the following review helpful. Incredible collection of low-fat quick breadsBy SD3213LOVE

LOVE LOVE this little book! I've had my copy for ages. A friend asked for a recipe and instead of giving the one recipe, I ordered the book for her because I knew she'd consult and bake from it often. Over 65 recipes of traditional (Banana -whole wheat granola versions, Irish Soda, Blueberry, Pumpkin-maple) and not so traditional (Zesty Citrus, Fresh Ginger-Orange, Date-Sunflower, Fruit Cake, Garlic scallion) all with a healthy twist. There's a handful of super healthy recipes (Five Grain, High Fiber, Wild Rice, Buckwheat - Caraway), too. Too many entries to mention all, but the book reads like a bread bible from a tea house covering both sweet and savory categories. Not too many ingredients for most selections -- most are pantry staples, though they'll be some buying-ahead planning for a few recipes. The back of the book contains a short section on spreads to accompany the breads ((Apple preserves, Apricot-Lemon spread, Mango chutney). The beauty of the recipes is they are healthy and low-fat, but you'd never know it because the breads taste incredible. This book would make a great gift for someone just starting out (bridal showers) or anyone who'd enjoy a terrific collection of low-fat quick breads. 3 of 3 people found the following review helpful. Deelicious!!! By A Customer Very tasty recipies!!! When I've taken some of these quick breads to church funtions the response is always, "Mmmm this is so good!!! - Can I have the recipe?!" The Fresh Ginger-Orange Bread is moist and deelicious!!! Chocolate-Cinnamon Bread - Mmmmm!!! As you can tell I don't grab this book from my bookshelf because the recipies are low-fat!! Enough said!

Whether you're looking for a breakfast treat, a midafternoon snack, or a savory accompaniment to a meal, quick breads fit the bill. They require no kneading, no rising time, very little effort, and now they're even low in fat! Often a hidden source of unwanted calories and fat grams, this popular treat has been lightened up by Sigal Seeber in *Light Quick Breads*, which offers healthful twists on both old favorites and contemporary treats. High-fat shortenings and oils are replaced with natural substitutes, such as fruit purees, to provide wonderful flavor and moist texture. And now that the dairy case in the supermarket is bursting with reduced-fat products, low-fat baking is simple and painless. Sigal Seeber presents a wide assortment of fast and easy breads, including Five-Grain Bread, Indian Pumpkin Bread, and Granola-Banana Bread, all with nutritional breakdowns to show they derive less than 30 percent of their calories from fat. And a chapter on spreads offers such wonderful options as Apricot-Lemon Spread for slathering your own homemade baked goods. So whether you crave a crunchy slice of Maple-Cranberry Corn Bread or a sweetly satisfying piece of Fresh Peach Bread, you'll find exactly what you're looking for in the pages of *Light Quick Breads*.

From the Inside Flap Whether you're looking for a breakfast treat, a midafternoon snack, or a savory accompaniment to a meal, quick breads fit the bill. They require no kneading, no rising time, very little effort, and now they're even low in fat! Often a hidden source of unwanted calories and fat grams, this popular treat has been lightened up by Sigal Seeber in *Light Quick Breads*, which offers healthful twists on both old favorites and contemporary treats. High-fat shortenings and oils are replaced with natural substitutes, such as fruit purees, to provide wonderful flavor and moist texture. And now that the dairy case in the supermarket is bursting with reduced-fat products, low-fat baking is simple and painless. Sigal Seeber presents a wide assortment of fast and easy breads, including Five-Grain Bread, Indian Pumpkin Bread, and Granola-Banana Bread, all with nutritional breakdowns to show they derive less than 30 percent of their calories from fat. And a chapter on spreads offers such wonderful options as Apricot-Lemon Spread for slathering your own homemade baked goods. So whether you crave a crunchy slice of Maple-Cranberry Corn Bread or a sweetly satisfying piece of Fresh Peach Bread, you'll find exactly what you're looking for in the pages of *Light Quick Breads*. About the Author Sigal Seeber is a food consultant for such magazines as *American Health*, *Cosmopolitan*, *Redbook*, and *Woman's Day*. She lives in New York City