



**DOWNLOAD**



## Low Fat Dream Desserts: Delicious Guilt-free Delights for All Seasons and Occasions (Hardback)

By Valerie Ferguson

Anness Publishing, United Kingdom, 2013. Hardback. Book Condition: New. 196 x 140 mm. Language: English . Brand New Book. This title offers delicious guilt-free delights for all seasons and occasions. Indulge your craving for desserts with this guilt-free collection of over 30 recipes. It helps to create mouthwatering dishes that are completely satisfying yet very low in fat. It includes recipes to suit everyone, from simple fruit salads to impressive dinner-party gateaux. Enjoy classics such as Raspberry Vacherin, Tia Maria Gateau and Summer Pudding, all containing less than 5g/[UNK]oz of fat per portion. It includes a helpful guide to planning a low-fat diet and a useful chart of the fat and calorie content of common sweet ingredients. If you are trying to cut down the fat in your diet, you probably think you cannot enjoy delectable desserts and indulgent puddings. This book provides a selection of tasty recipes that you can enjoy without the guilt, as they have all been devised to be very low in fat. Many of the recipes use the natural sweetness of fruits to create wonderful tastes, such as Soft Fruit Pavlova and Blackberry Charlotte. There are also ideas that include alternatives to cream, such as...



**READ ONLINE**

[ 5.52 MB ]

### Reviews

*This pdf is wonderful. We have go through and so i am certain that i am going to going to study yet again once more in the future. Its been developed in an exceedingly straightforward way which is merely after i finished reading through this pdf where really transformed me, modify the way i think.*

-- **Ollie Balistreri**

*Basically no phrases to clarify. It really is rally fascinating throgh reading time. Once you begin to read the book, it is extremely difficult to leave it before concluding.*

-- **Anabel Zemlak**