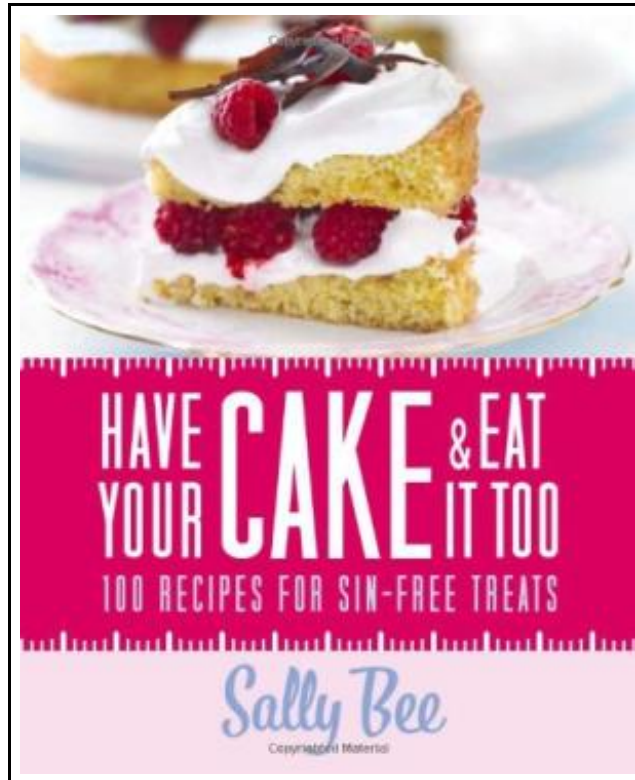


## Have Your Cake and Eat it Too



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***(Mrs. Anya Kautzer)***

## HAVE YOUR CAKE AND EAT IT TOO



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HarperCollins Publishers. Hardback. Book Condition: new. BRAND NEW, Have Your Cake and Eat it Too, Sally Bee, You can indulge without guilt! Enjoy delicious desserts, perfect pastries, cookies and cakes, breads and bakes as part of a healthy lifestyle. Who says you can't have it all? The third title from Sally Bee. Busy mum, home cook and heart-attack survivor Sally Bee knows better than anyone how to incorporate healthy eating into a busy lifestyle with her gorgeous, flavoursome and balanced recipes. In her new book, Have Your Cake and Eat it Too, Sally turns her attention to the sweet things in life to show that you don't have to give up your favourite treats to maintain a healthy lifestyle or slimmer waistline. In fact, Sally claims that depriving yourself of these little pleasures makes it harder to stick to a nutritious and balanced diet long term. Sally shows how to make your favourite treats a little less naughty with healthier versions of much loved puddings, bakes, cakes and desserts. You can rest assured that they won't be as sinful as they taste; a sensible attitude and a bit of creative cooking is all that's needed to spoil yourself the healthier way. Sally also shares her helpful tips, advice and experience to show you how to enjoy little luxuries sensibly. She also reveals some of her culinary secrets and how to make compensations for 'naughty' ingredients by adding more of the good stuff. At the age of 36 Sally Bee suffered three major heart attacks in a single week. Sally defied all odds and, 5 years on, is glowing with health. She is the ultimate endorsement for living a sustainable healthy life, and is living proof that her recipes work. Recipes Include. Hot Choccy Souffle Raspberry Muffins Low-fat Zesty Lemon Buttercream Pineapple,...



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