

# 101 great lowfat desserts - no butter, no cream, no kidding!

**Prima Pub. - 32 Dairy**



Description: -

- Spanish: Grades 1-2
- Childrens Books/Ages 4-8 Fiction
- Juvenile Nonfiction
- Health & Daily Living - General
- Concepts - Sense & Sensation
- Low-fat diet -- Recipes.
- Desserts.101 great lowfat desserts - no butter, no cream, no kidding!
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- Notes: Includes index.

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## Special Diet bakery and dessert books #1

For those who are following a diet, they are real panacea.

### Healthy Recipes

The taste will be equally delicious, even if the tips to remake the recipe are not few: soy cream and yoghurt, whole cane sugar and vegan biscuits. Coconut oil is rich in the medium-chain saturated fat lauric acid, which converts into energy more easily than other types of fat, aiding in. You will get soft cakes and desserts, to be consumed in the morning for breakfast or for a tasty and light snack.

### Easy No Bake Pistachio Cream Pie

But this recipe is stacked with slimming foods including almond milk, coconut oil, cinnamon, and walnuts.

### 20 Dairy

Serve as keto desserts, keto snacks or take to parties. Swerve is a good option for the fat bombs, a feed drops of Stevia also work great! Plus, vegan, dairy-free and gluten-free? Many are the variations, all very good and very light, which everyone can customize according to their tastes and their imagination. The wonderful collection includes more than 50 recipes for yeast and quick breads, muffins, scones and other treats, many low in fat.

### Garlic butter sauce with cream tomatoes

This is a basic recipe for 1 lb. Bear in mind that some nuts release more oil than others, so your results will vary. Water cake The water cake is very easy to prepare, the ideal dessert even for those who are kitchen beginners and do not yet have much experience with desserts.

## Related Books

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