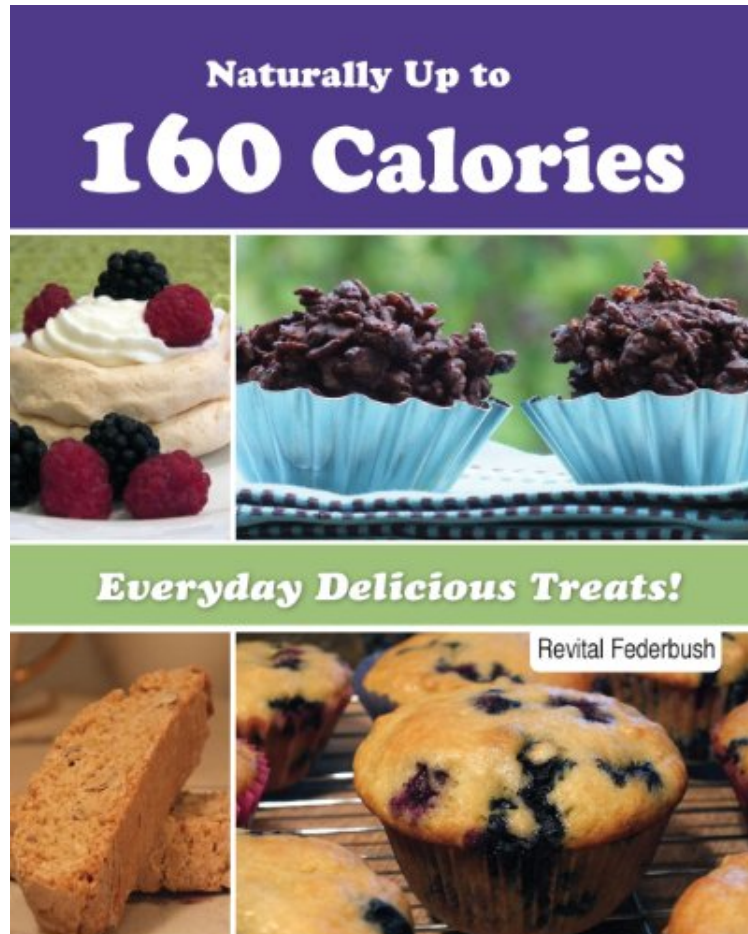


(Get free) Naturally Up to 160 Calories Everyday Delicious Treats! (Diet Healthy Cookbook Collection)

Naturally Up to 160 Calories Everyday Delicious Treats! (Diet Healthy Cookbook Collection)

Revital Federbush

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Revital Federbush : Naturally Up to 160 Calories Everyday Delicious Treats! (Diet Healthy Cookbook Collection) before purchasing it in order to gage whether or not it would be worth my time, and all praised Naturally Up to 160 Calories Everyday Delicious Treats! (Diet Healthy Cookbook Collection):

7 of 8 people found the following review helpful. Naturally delicious!By Susan RothNaturally...delicious meets all my criteria for a super cookbook. It is focused entirely on one kind of item--in this case, cupcakes and variations thereof. The book is right there promising delicious and healthy cupcakes, muffins, and other such treats. No need to be attracted or distracted by recipes for meat, fish, etc. The twist, here, is that all the results are within a reasonable calorie limit for someone who cares about diet and health. All natural ingredients, low calorie, sweet and delicious and, judging both by the photos and my results at home, they are beautiful. Good enough for company; healthy enough for family; written clearly enough to follow with ease. These recipes are what you want, all in one source, when you want a single-serving and delicious go-with for your coffee or tea, everyday breakfast or dessert, and/or special treat

for a special occasion. Naturally up to 160 calories Everyday delicious treats![[ASIN:0985575905 Naturally up to 160 calories Everyday delicious treats!

If you have a sweet tooth, and want to savor a delicious, healthy treat daily without gaining weight, this is the book for you! With the "Naturally up to 160 calories. Everyday delicious treats!" you can: * Discover the secrets of and innovative techniques for making delicious, fluffy cakes using natural, healthy ingredients such as applesauce (100 calories/cup), Greek yogurt (183 calories/cup) and orange juice instead of oil and butter (1,700 calories/cup). You can enjoy a good-size sweet treat (the size of a standard muffin, cupcake or two large cookies) of 160 calories max. * Find a large and varied range of easy, from-scratch recipes for sweet and healthy cakes, cupcakes and cookies, using only natural ingredients, including real sugar, and without any fake ingredients such as artificial sweeteners, egg substitutes or any other dietetic products. * Make healthy, delicious treats for children. All recipes were sampled on children - they loved the flavors and had no idea they were eating low-calorie treats.

About the Author Revital Federbush is a journalist covering health and nutrition issues for the last 22 years. She has over 10 years of experience in developing recipes for cooking and baking.