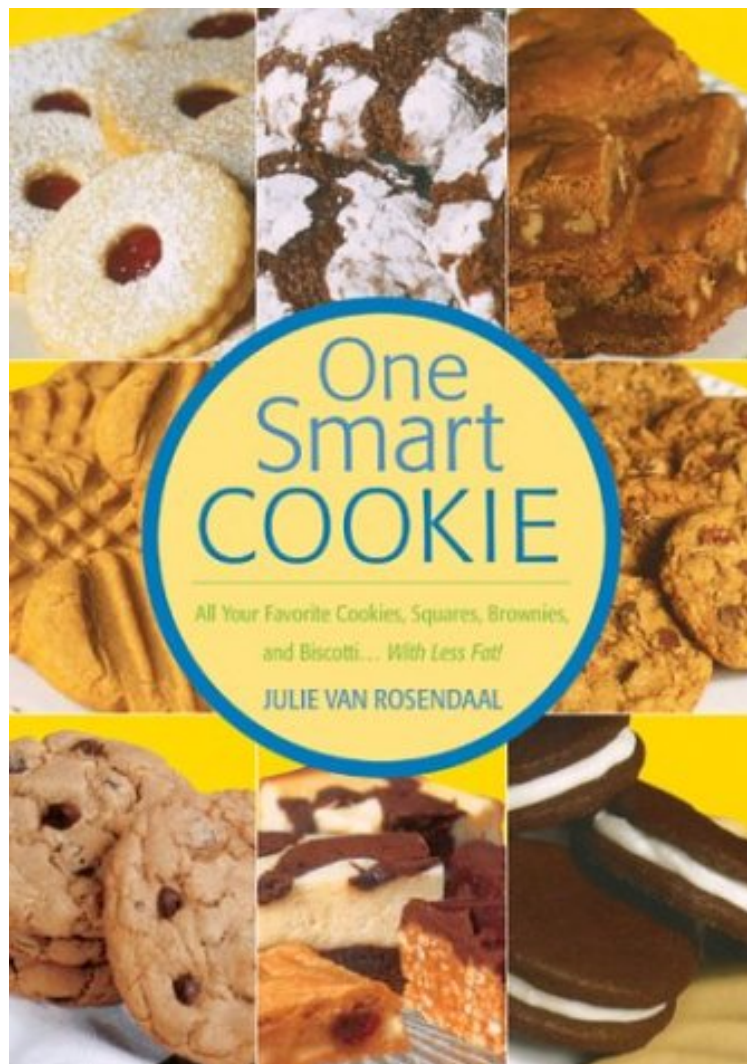


[Download ebook] One Smart Cookie: All Your Favorite Cookies, Squares, Brownies and Biscotti ... With Less Fat!

One Smart Cookie: All Your Favorite Cookies, Squares, Brownies and Biscotti ... With Less Fat!

Julie Van Rosendaal

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Julie Van Rosendaal : One Smart Cookie: All Your Favorite Cookies, Squares, Brownies and Biscotti ... With Less Fat! before purchasing it in order to gage whether or not it would be worth my time, and all praised One Smart Cookie: All Your Favorite Cookies, Squares, Brownies and Biscotti ... With Less Fat!:

30 of 30 people found the following review helpful. Very tasty reduced-fat (if not always reduced-calorie) cookiesBy B. HoffmanThe good: I have made about 15 recipes from this book so far. All ranged from "good" to "excellent", a

very respectable turnout. Not a single one was unpleasantly tough, dry, or otherwise failed. They compare VERY favorably with other lowfat cookies I have tried. I will definitely be making some again, and trying others. My personal favorites were apricot almond streusel squares, 'gourmet' variation of the chocolate chip cookies, pecan pie squares, crunchy peanut cookies, and cornmeal maple pecan twists. In general, the recipes in this book are reliable, tasty and have significantly reduced fat (especially saturated fat) as compared with comparable 'regular' cookies. E.g., in a typical ~ 2 cup flour recipe, there is usually ~4 T butter here as opposed to 1-2 sticks, and egg yolks are usually reduced or eliminated. The changes do reduce overall dough volume and yield a smaller batch size, which in my opinion is all to the good. (If you're buying a reduced-fat cookie cookbook, chances are you don't want 5 dozen extra cookies lying around every time you head to the kitchen to try a new recipe). Other pluses: these recipes use familiar, inexpensive and natural ingredients that you already have on hand or can easily find: no weird or artificial diet substitutes. Unlike most low-fat recipes, these cookies are portioned normally and even generously; there is no artificial lowering of the fat content by instructing you to fashion micro-cookies of which you would have to eat 10 to equal one normal cookie. In fact, in several recipes I ended up with more cookies than the listed yield, which almost never happens to me. This book also seems like a labor of love-- the recipes are unusually well-tested and fine tuned. The instructions are clear, careful and include useful details, like tips on how to reduce the number of dishes you dirty in the preparation. The book belies its small size with lots of helpful or interesting marginal notes and voluminous recipe variations, many of which yield genuinely different recipes (not just something obvious like substitute one variety of raisin for another). You'll find a wonderful diversity of cookie flavors, textures and styles and familiar standbys as well as unique recipes of the author's own creation. The bad: First, I found a few baking times to be off, in particular, too long (my only general 'recipe testing' complaint). The author is good about providing other done-ness cues, but I'd recommend you start checking cookies much earlier than indicated. Second, although these recipes are very good, there were some clear 'consequences' of reducing the fat. Several cookies had telltale textural issues such as being soft and cakey instead of tender-chewy, or being hard-crunchy instead of tender-crunchy. Also, almost all became stale frustratingly quickly, in several cases, within a few hours. Some took well to refreshing, freezing, storing unbaked dough to bake off as needed, etc., but I had to figure this out on my own. Given the pervasiveness of the premature staling problem, I would really have appreciated more attention to storage advice and/or strategies - no one wants to end up throwing out most of one's labors away. Finally, the philosophy of this book is very much of a mid-nineties 'reduce fat and who cares about anything else' style, and that philosophy, as most people would now acknowledge, suffered from some major nutritional flaws. Again, the recipes do succeed, and admirably, on satisfying the criteria they set out to satisfy (they are lower fat, and they taste good-- no mean feat). However, if you flip through the nutritional information handily accompanying each recipe, you may notice that many of these cookies are very high in refined carbohydrates and calories. Many of the bars, especially, hover around the mark of 200 calories EACH (and some even more)-- that's a lot. And of course you're not going to eat just one. Moreover, many recipe variations are rather decadent (calling for additions of things like nuts, chocolate chips and caramel), with added fat but no added calorie information. I find all this to be off-putting in a book that promises 'healthy alternatives that can be eaten without guilt.' In fact, a number of these recipes seem to have nearly the same total calories as the 'standard' version whose fat has not been assiduously reduced. In such cases, you're not so much saving calories as you are exchanging them--by and large, fats for simple carbohydrates. Arguably, this is a trade for the worse, as it increases the "empty calorie" count of your treat and decreases the satiety that fats provide. Then there are the losses that come along with the fat for simple-carb trade--e.g., lower-fat cookies go stale much faster and without the fat, they can taste too sweet. In many cases the new cookies, while still very good, are obviously missing elements of the old standbys. If you slash the amount of chocolate chips in a chocolate chip cookie or the amount of nuts in a Russian tea cake, you can tell that those elements are missing, however appealing the new versions may be on their own terms. This, in combination with a belief that the new cookies are 'healthier' (and are going to be stale tomorrow) can lead us to eat an extra cookie or two and thus end up with more calories than if we'd just stuck with the family recipe from the 50's. I'll now remove my party-pooper hat and reiterate that the author has succeeded in producing a book of wonderful-tasting, diverse and easy cookies with less fat. The book is absolutely in the top tier of the low-fat dessert cookbook family. If you are selective, you can also find many tasty choices that are not JUST reduced fat, but also sport an impressive nutritional profile for dessert. And the book is generally a pleasure to cook and read from. So, I give it 4 stars because it mostly delivers on what it promises. Just don't expect the recipes be nutritional miracles.

0 of 0 people found the following review helpful.
Heathier cookie recipes. By PegHeathier cookie recipes. A good variety of cookie recipes with reduced fat and sugar. Why stop eating sweets when you can make them better. 16 of 16 people found the following review helpful. Never thought it was possible!!! By Tara I don't know about you, but I can never just have one brownie or one cookie. Anyone who thinks they can is 1% of the population. This cookbook not only was inspirational (you MUST read about the author!) but it gave me things to snack on that didn't taste like cardboard! I have bought low fat cookies and treats from the store before and not only have they tasted like the sole of my shoe, the ingredient list was mostly things I've never heard of. Now I get to make low fat treats and I know EXACTLY what went into them. And I can have a second one if I want and know that I'm not setting myself back! The biscotti is unreal. I served it to someone who hates low

fat anything and they argued with me for an hour that they could not be low fat. I have to be careful with my wheat intake so the peanut butter cookies are a god-sent! Wheat free! So many other, blondies...double chocolate goodness..too many to name. I'm impressed.

Think rich, chewy, gooey, chocolatey cookies, brownies and squares are off-limits? Not so! In *One Smart Cookie*, you'll be thrilled to find more than 200 recipes for goodies such as Triple Chocolate Chunk Cookies, Decadent Cheesecake Brownies, Pecan Pie Squares and Cranberry White Chocolate Blondies, trimmed of fat but not the flavor! Everybody loves cookies. They are as welcome at a dinner party as they are tucked into a lunch box or hanging on the Christmas tree. And we all have longtime favorites that have often become family traditions. In this book, you will find lower fat recipes for your favorite cookies, squares, brownies, and biscotti, as well as a wealth of information that will help you to reduce the fat in your own special cookie recipes. The desserts and snacks in this book aren't just a healthy alternative to the cookies you crave-- they are the real thing!

"Julie Van Rosendaal is the poster girl for low fat cookies." *Avenue magazine*; "Julie Van Rosendaal's zest for life comes through in every easy-to-follow recipe she develops. Never compromising on taste, each of her baking recipes is loaded with satisfying flavor so that you never feel like you're compromising when you 'settle' for her lower fat treats." *Dana McCauley*, food editor, *Homemakers magazine*; "Everyone who loves baked goods (and who doesn't) should own a copy of this book. The recipes are simple yet taste amazing. I use it all the time!" *Greta Podleski*, coauthor, *Looneyspoons and Crazy Plates* From the Back Cover "Julie Van Rosendaal is the poster girl for low fat cookies." *Avenue magazine* "Julie Van Rosendaal's zest for life comes through in every easy-to-follow recipe she develops. Never compromising on taste, each of her baking recipes is loaded with satisfying flavor so that you never feel like you're compromising when you 'settle' for her lower fat treats." *Dana McCauley*, food editor, *Homemakers magazine* "Everyone who loves baked goods (and who doesn't) should own a copy of this book. The recipes are simple yet taste amazing. I use it all the time!" *Greta Podleski*, coauthor, *Looneyspoons and Crazy Plates* Think rich, chewy, gooey, chocolatey cookies, brownies and squares are off-limits? Not so! In *One Smart Cookie*, you'll be thrilled to find more than 200 recipes for goodies such as Triple Chocolate Chunk Cookies, Decadent Cheesecake Brownies, Pecan Pie Squares and Cranberry White Chocolate Blondies, trimmed of fat but not the flavor! Everybody loves cookies. They are as welcome at a dinner party as they are tucked into a lunch box or hanging on the Christmas tree. And we all have longtime favorites that have often become family traditions. In this book, you will find lower fat recipes for your favorite cookies, squares, brownies, and biscotti, as well as a wealth of information that will help you to reduce the fat in your own special cookie recipes. The desserts and snacks in this book aren't just a healthy alternative to the cookies you crave-- they are the real thing! Julie Van Rosendaal, an exceptional cook well known for her healthy alternatives to everyone's favorite recipes, founded the *One Smart Cookie* bakery in 1996. This much-anticipated book combines her skills as a cook and a photographer. Julie lives in Calgary, Alberta, where she is working on her next cookbook. About the Author Julie Van Rosendaal, an exceptional cook well known for her healthy alternatives to everyone's favorite recipes, founded the *One Smart Cookie* bakery in 1996. This much-anticipated book combines her skills as a cook and a photographer. Julie lives in Calgary, Alberta, where she is working on her next cookbook.