

(Mobile ebook) Secrets of Fat-Free Baking: Over 130 Low-Fat Fat-Free Recipes for Scrumptious and Simple-To-Make Cakes, Cookies, Brownies, Muffins, Pies, Breads,

## **Secrets of Fat-Free Baking: Over 130 Low-Fat Fat-Free Recipes for Scrumptious and Simple-To-Make Cakes, Cookies, Brownies, Muffins, Pies, Breads,**

*Sandra Woodruff*

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**Sandra Woodruff : Secrets of Fat-Free Baking: Over 130 Low-Fat Fat-Free Recipes for Scrumptious and Simple-To-Make Cakes, Cookies, Brownies, Muffins, Pies, Breads,** before purchasing it in order to gage whether or not it would be worth my time, and all praised Secrets of Fat-Free Baking: Over 130 Low-Fat Fat-Free Recipes for Scrumptious and Simple-To-Make Cakes, Cookies, Brownies, Muffins, Pies, Breads,:

4 of 4 people found the following review helpful. Easy baking with no fat and no guiltBy EusebiusSandra Woodruff is a well known dietician and has put together an excellent collection of no-fat/low-fat baking recipes that are simple and effective. Being on a low-fat diet, I was happy to find this book.She starts with very good information on nutrition and explains how much fat is allowable in a healthy diet. She gives you a selection fat substitutes along with a great selection of recipes using those substitutes. For example, she shows how to use fruit purees or applesauce or juices in cakes and cookies; how to use yogurt or buttermilk as a fat substitute in breads and biscuits. She has many more examples of other substitutes for different kinds of baking - and using her information you can branch out and modify your own favorite baking recipes and make them low-fat or no-fat.There's a nutritional analysis with each recipe and it lists calories, fat, protein, cholesterol, sodium, fiber, calcium, potassium, and iron content. The one GLARING omission is carbohydrate content.We've tried a lot of the recipes and so far have liked them all. I especially like her

pumpkin drop biscuits, banana gingerbread, and fat-free brownies but she has a lot of other recipes for cakes, cookies, pies, and quick breads with no fat content or very low fat content. We plan to work our way through them all. 3 of 3 people found the following review helpful. with a little bit of additional binder and moisture to produce excellent results. What a blessing! By ESI received this as a gift, at least 10 years ago. Since then, I've probably given it as a gift a half a dozen times, maybe more. What the other reviewers have said is right on target, so I won't bother repeating it. It is my go to book when I need something fast, that I know will turn out, and don't want to haul out the mixer. Also, nearly all the ingredients are in the standard cooks pantry. I've recently had to convert to Gluten Free Baking. I've ask if a Secrets of Gluten-Free Baking might be available, but not so far. In the meantime, I've converted these recipes using gluten free flours, with a little bit of additional binder and moisture to produce excellent results. What a blessing! Check out Secrets of Fat-Free Cooking and Secrets of Cooking for Long Life, both by the same author, both filled with great recipes and helpful information for improving the nutritional value of the food you bring to the table. Really hoping a Secrets of Gluten Free Baking is in the works! 3 of 3 people found the following review helpful. Good recipes, nutrition information lacking! By agilicairn I got this book at Easter and have made several of the recipes. All have been good, a few outstanding. (The "good" ones were tasty but identifiable as a low-fat product. The outstanding ones were as good as a full-fat counterpart.) However, I can't give this book 5 stars because the nutrition information given is lacking a key aspect: no carbohydrate information is provided. Fat, calories, protein, etc., are all listed, but no carbohydrate. That makes figuring American Diabetic Association or American Dietetic Association exchanges hard to do accurately. One can make a guess of the starch exchanges from the calories, but carbohydrate information would allow one to figure exchanges much more precisely. Since this IS a book of baked goods, not giving the carbohydrate information is like reviewing a new brand of gasoline and detailing all the ingredients EXCEPT the octane. Hard to believe, given that the author is a nutritionist, and makes you wonder if they are trying to downplay how much sugar and complex carbs are in the recipes. Since many "low-fat" products are unhealthy precisely because they use great amounts of sugars and starches to taste good despite the lack of fat, you have to wonder about these recipes, too.

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