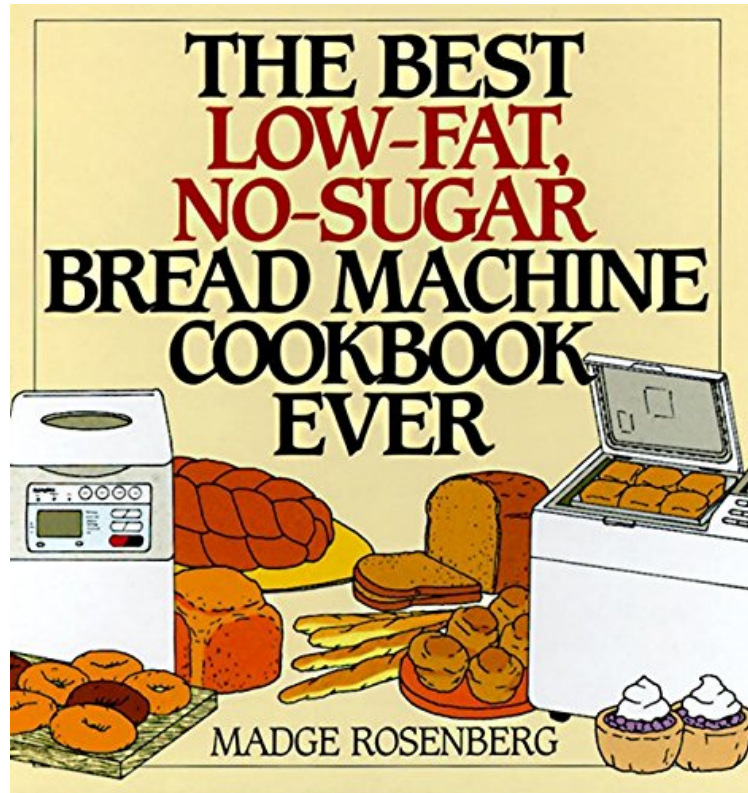


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## The Best Low-Fat, No-Sugar Bread Machine Cookbook Ever

*Madge Rosenberg, Warren Chang*  
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**Madge Rosenberg, Warren Chang : The Best Low-Fat, No-Sugar Bread Machine Cookbook Ever** before purchasing it in order to gauge whether or not it would be worth my time, and all praised The Best Low-Fat, No-Sugar Bread Machine Cookbook Ever:

0 of 0 people found the following review helpful. Has some good ideas. By pdworsley Very helpful book. You don't need sugar in everything. Has some good ideas. 1 of 1 people found the following review helpful. Title is misleading By WABI was hoping for bread recipes without using a sweetening agent. Most of the recipes in this book use fruit, honey, etc. instead of sugar. I was hoping for artisan type of bread recipes 5 of 5 people found the following review helpful. Easy to use By Rebekah Coelho Every bread I made was great. Loved using the prune to sweeten bread. My kids even enjoy the bread. They don't miss the sugar.

The Lean Machine Now you can enjoy all the bread you want without any worry about fat. Over 150 irresistible recipes in this volume transform your bread machine from an efficient home bakery into an invaluable aid to nutrition. Most of these aromatic loaves contain 5 percent or less of fat. on top of that, these fresh-baked doughs contain absolutely no sugar or artificial sweeteners. All that is added are natural fresh and dried fruits, vegetables, and grains for extra flavor and vitamins, minerals, and fiber. Recipes run the gamut from mildly sweet, subtly flavored "Breakfast Breads," like Cranberry Buns, Banana Buttermilk Bread, and Whole Wheat Raisin Bagels, to chewy, firm-slicing

"Sandwich Breads," such as Seven-Grain Bread, Lentil Bread, and Italian Sourdough. Creative bakers will love the assortment of stuffed and shaped breads and dumplings and such appetizers as Fresh Tomato Pizza and Chinese Dried Mushroom Dumplings made easily with dough from the bread machine. For people on a low-sodium diet, or smart eaters who just want to cut down on the amount of sodium they ingest, there is an entire chapter on "No-Salt Breads," including many traditional favorites such as Salt-Free Pumpernickel and Salt-Free Onion Rye. You won't believe the no-sugar sweets-Tart Tatin, Chocolate Tea Bread, and Biscotti with Dried Cherries are just a sampling -- that make up the "Dessert Breads" chapter. These taste luxuriously rich but are low in fat. And so that there's no waste, ideas included in "Bread Again" offer tasty low-fat, no-sugar ways to use leftover loaves.

From the PublisherFor use with the increasingly popular home bread machine (Williams Sonoma's fastest-selling big-ticket item), this next book in our practical machine book series contains 200 recipes for breads that are low in fat and high in flavor--in the same easy-to-use package as the 365 Ways series.About the AuthorMadge Rosenberg, owner of Bakery Soutine, a top-rated New York bakery that supplies many of the best restaurants and gourmet shops in Manhattan, has been developing creative ideas for the oven for more than twenty years.