



American Heart Association Low-Fat & Luscious Desserts: Cakes, Cookies, Pies, and Other Temptations

American Heart Association

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With its first-ever dessert cookbook, the American Heart Association proves that you can indulge in soul-satisfying desserts -- and still keep your heart healthy and your waistline trim. These sweet treats are heavy on decadence, but light on saturated fat, cholesterol, and calories. Here are more than 100 mouthwatering recipes, every one of which can fit into a healthful eating plan.

Whether you want to pack a special treat into a lunch box, whip up a quick goodie to end a weekday meal, or create a show-stopping finish to a birthday, dinner party, holiday feast, or other special occasion, here are your answers. You'll satisfy the most discriminating sweet tooth with these delectable, easy-to-prepare cakes, cookies, puddings, pies, fruit treats, and frozen delights -- and, of course, chocolate, chocolate, and more chocolate!

With its gorgeous photography, this beautiful volume will be the perfect finale to your American Heart Association cookbook collection.

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From reader reviews:

John Lee:

This American Heart Association Low-Fat & Luscious Desserts: Cakes, Cookies, Pies, and Other Temptations book is just not ordinary book, you have after that it the world is in your hands. The benefit you obtain by reading this book is definitely information inside this e-book incredible fresh, you will get facts which is getting deeper anyone read a lot of information you will get. This particular American Heart Association Low-Fat & Luscious Desserts: Cakes, Cookies, Pies, and Other Temptations without we know teach the one who reading it become critical in pondering and analyzing. Don't become worry American Heart Association Low-Fat & Luscious Desserts: Cakes, Cookies, Pies, and Other Temptations can bring any time you are and not make your case space or bookshelves' turn into full because you can have it in the lovely laptop even cellphone. This American Heart Association Low-Fat & Luscious Desserts: Cakes, Cookies, Pies, and Other Temptations having excellent arrangement in word in addition to layout, so you will not feel uninterested in reading.

Eva Sexton:

The feeling that you get from American Heart Association Low-Fat & Luscious Desserts: Cakes, Cookies, Pies, and Other Temptations will be the more deep you searching the information that hide inside words the more you get enthusiastic about reading it. It doesn't mean that this book is hard to comprehend but American Heart Association Low-Fat & Luscious Desserts: Cakes, Cookies, Pies, and Other Temptations giving you excitement feeling of reading. The writer conveys their point in selected way that can be understood by anyone who read the idea because the author of this publication is well-known enough. This specific book also makes your vocabulary increase well. Therefore it is easy to understand then can go along, both in printed or e-book style are available. We recommend you for having this specific American Heart Association Low-Fat & Luscious Desserts: Cakes, Cookies, Pies, and Other Temptations instantly.

Donald Murray:

A lot of people always spent their free time to vacation or maybe go to the outside with them friends and family or their friend. Did you know? Many a lot of people spent many people free time just watching TV, or even playing video games all day long. If you wish to try to find a new activity that's look different you can read the book. It is really fun to suit your needs. If you enjoy the book you read you can spent 24 hours a day to reading a reserve. The book American Heart Association Low-Fat & Luscious Desserts: Cakes, Cookies, Pies, and Other Temptations it is quite good to read. There are a lot of folks that recommended this book. These folks were enjoying reading this book. When you did not have enough space to deliver this book you can buy often the e-book. You can m0ore easily to read this book from your smart phone. The price is not to fund but this book provides high quality.

Beulah Chavez:

American Heart Association Low-Fat & Luscious Desserts: Cakes, Cookies, Pies, and Other Temptations can be one of your nice books that are good idea. Many of us recommend that straight away because this book has good vocabulary that can increase your knowledge in terminology, easy to understand, bit entertaining but delivering the information. The author giving his/her effort that will put every word into delight arrangement in writing American Heart Association Low-Fat & Luscious Desserts: Cakes, Cookies, Pies, and Other Temptations but doesn't forget the main place, giving the reader the hottest along with based confirm resource information that maybe you can be among it. This great information can drawn you into brand-new stage of crucial contemplating.

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