



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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Anthony Hanna:

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Clyde Harlan:

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Kenneth Vargas:

Do you have something that you like such as book? The publication lovers usually prefer to choose book like comic, brief story and the biggest you are novel. Now, why not striving American Heart Association Low-Fat & Luscious Desserts: Cakes, Cookies, Pies, and Other Temptations that give your enjoyment preference will be satisfied simply by reading this book. Reading habit all over the world can be said as the means for people to know world considerably better then how they react toward the world. It can't be stated constantly that reading practice only for the geeky person but for all of you who wants to end up being success person. So , for all you who want to start reading as your good habit, it is possible to pick American Heart Association Low-Fat & Luscious Desserts: Cakes, Cookies, Pies, and Other Temptations become your personal starter.

Aaron Eldred:

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