



One Simple Baking Mix: 50 Fast Recipes for Healthier Cakes, Cookies, Treats and Main Dishes (Paperback)

By Beth Ann Erickson

Filbert Publishing, United States, 2013. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. When we embarked on our heart healthy lifestyle, lowered our cholesterol, lost around 200 pounds (total between the three of us), one of the challenges we faced was finding healthy, fast, tasty baked goods. Who likes to come home to an empty kitchen, exhausted after work, only to find nothing to eat, no energy to create a full meal. it s frustrating. That s why I developed a healthy mix that s super easy to create (clean up is a snap) as well as 50 recipes plus 24 single serving recipes for those times when you really don t want an entire batch of cookies enticing you in the freezer. So, what can you make with this simple, healthy mix? How s this for starters: Ginger Snaps, Chocolate Cookies, Cakes, Pancakes, Waffles, Cherry Swirl Coffee Cake, Muffins, Velvet Coconut Nut Cake, Oatmeal Granola Bars, Chocolate Chip Cookies, Glazed Donuts (super easy, btw), Agave Apple Bundt Cake, Frosted Chocolate Cookies, Cappuccino Bars, Dumplings, Pizza Crust, Pot Pies, and much more. Best of all, every recipe is whole grain, low fat, and helps...



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