



Cooking Light Way to Bake: The Complete Visual Guide to Healthy Baking

By West, Rachel Quinlivan, Editor.

Oxmoor House. 1 Flexi-binding(s), 2011. soft. Book Condition: New. With the right proportion of ingredients and a few essential facts and easy-to-learn skills, you can make your "light" baked goods shine. Shown in more than 300 color photographs including helpful, step-by-step images 200 recipes are featured here, including Spiced Pumpkin Chiffon Pie, Lemon-Poppy Seed Pancakes, Bacon-Maple Waffles, Bittersweet Chocolate Scones, Honey-Gingerbread Muffins, Apple-Date Bars, Fortune Cookies, and Double Mango Pudding, while a section on breads provides tips on making bagels, cinnamon rolls, and soft pretzels. Also included are a nutrition guide, a metric equivalents table, and a baking substitution chart. 424.

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Complete guideline! Its such a excellent read. This really is for all who statte there had not been a worth studying. It is extremely difficult to leave it before concluding, once you begin to read the book.

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