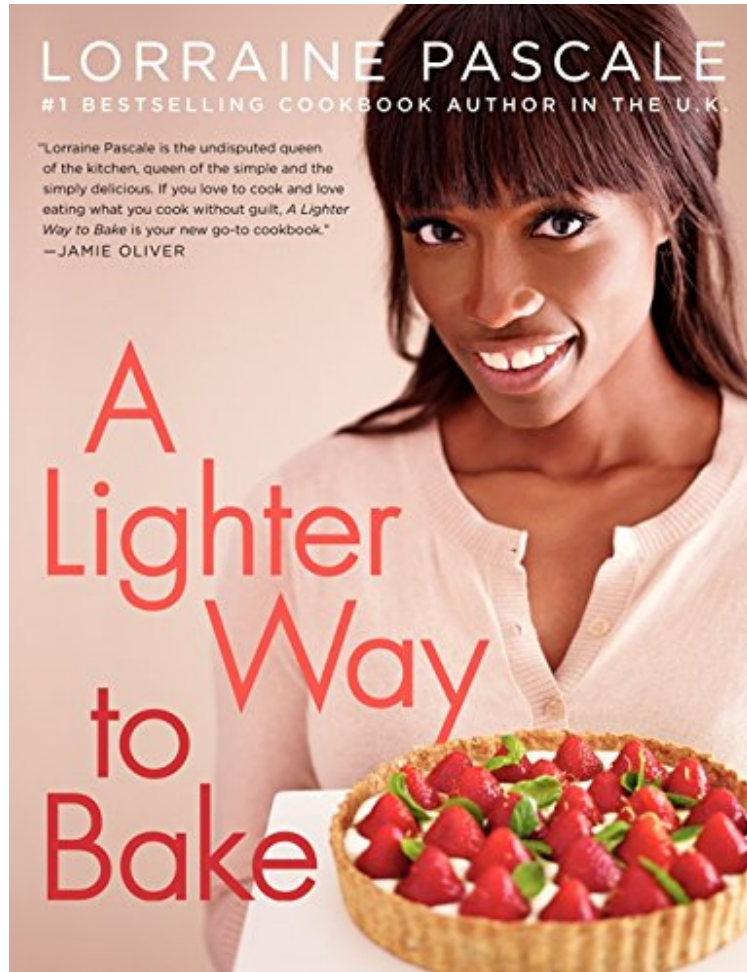


(Download pdf) A Lighter Way to Bake

A Lighter Way to Bake

Lorraine Pascale

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Lorraine Pascale : A Lighter Way to Bake before purchasing it in order to gage whether or not it would be worth my time, and all praised A Lighter Way to Bake:

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Lorraine Pascale truly believes that eating healthy does not mean having to abandon all the good things in life. Baked

goods and dishes, from the savory to the sweet, so often find themselves consigned to the list of dietary no-no's, but Lorraine wants to gently challenge our assumptions and offer a lighter way to bake. For many years, Lorraine's fans have asked her if she could make some of their best-loved indulgences a bit lighter, so that they could enjoy them a little more often and with less guilt. Classic no-holds-barred sweets hold a special place in Lorraine's heart, but she wanted to offer healthier versions of them, along with some new ideas, so she embarked on a long journey of experimentation, testing, retesting, tears, and eventually...progress: treats that retain maximum flavor yet are bursting with goodness. And the fruits of her labor are all here, but they still taste naughty! *A Lighter Way to Bake* isn't packed with obscure grains, nuts, or seeds. Instead, using everyday ingredients, with expert nutritionists evaluating every morsel, she has come up with 100 nourishing, stress-free recipes, from everyday breads and savory meals to light snacks, divine pastries, and heavenly cakes. Sesame Pretzel Buns or Cappuccino and Cinnamon Pecan muffins are the perfect afternoon pick-me-up. Skinnier Mac and Cheese or Herbed Baked Chicken Tenders with Honey Mustard Dipping Sauce are surefire winners for family dinners. And Chocolate Chocolate Torte or Pumpkin Spice Cupcakes with Cream Cheese Frosting will make for a sumptuous finish. Lorraine Pascale's fun, sociable style of cooking came to wide public attention with her landmark BBC television show, *Baking Made Easy*. The book of the series went on to be a perennial bestseller in the U.K., and Lorraine quickly became the most successful debut cookbook author ever in Britain.

About the Author Lorraine Pascale is the author of *A Lighter Way to Bake*, as well as three bestselling UK cookbooks, *Baking Made Easy*, *Home Cooking Made Easy*, and *Fast, Fresh and Easy Food*, the basis for this book. She is also the host of three hit BBC2 television shows based on her cookbooks. A top international fashion model, she was the first British black model on the cover of *American Elle*. She has a double degree in International Culinary Arts in Pastry and Culinary Arts Management encompassing international gastronomy, food policy, and microbiology, and has cooked for some of the most renowned kitchens in the world, including Peacote;trus, the Mandarin Oriental, Gilgamesh, and the Wolseley. She lives in London with her daughter.