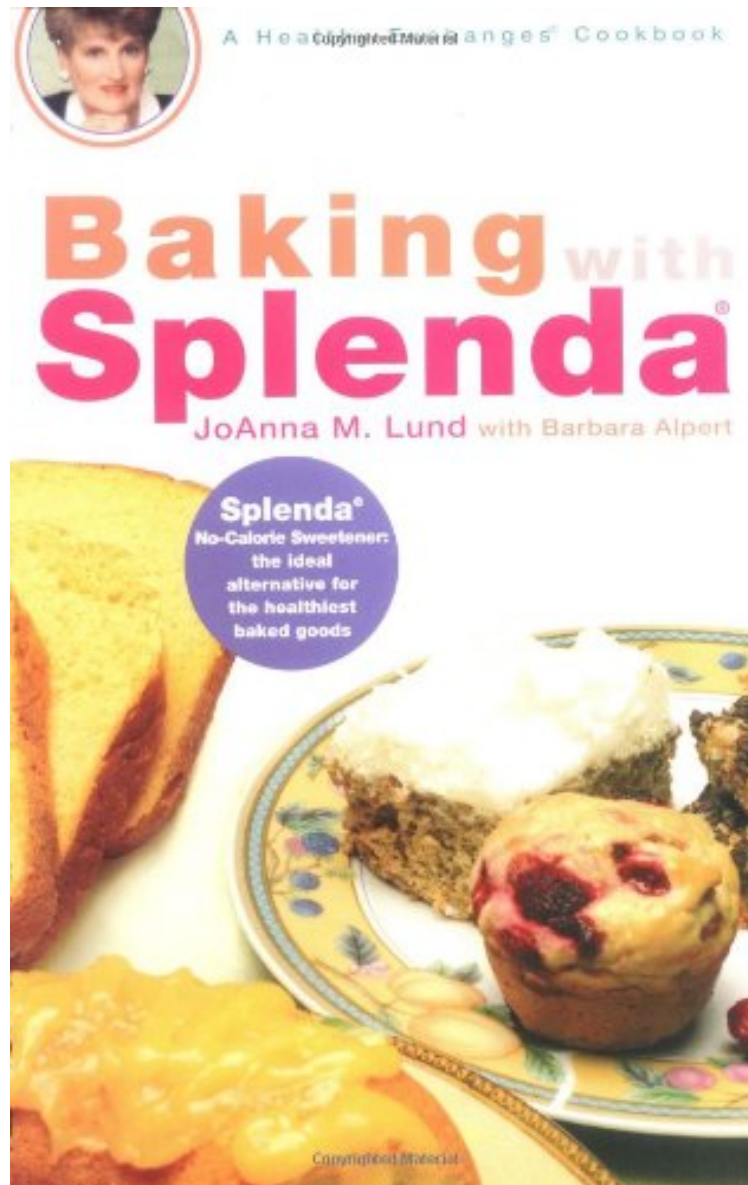


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Baking with Splenda (Healthy Exchanges Cookbook (Paperback))

JoAnna M. Lund, Barbara Alpert

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JoAnna M. Lund, Barbara Alpert : Baking with Splenda (Healthy Exchanges Cookbook (Paperback)) before purchasing it in order to gage whether or not it would be worth my time, and all praised Baking with Splenda (Healthy Exchanges Cookbook (Paperback)):

1 of 1 people found the following review helpful. Looking for healthier recipesBy _CustomerI've started collecting healthier recipes as I am trying to learn how to live a low sugar lifestyle. I love cooking and baking with Splenda, have

updated or adapted some of my own recipes, so I was pleased to find the Baking with Splenda (Healthy Exchanges Cookbook) at .Some of the recipes I found and plan to try include:Cherry Chocolate DessertCreamy Lime Coconut BarsClassic Chocolate CakeMaple Wheat BreadI will probably have to adapt some of the recipes that call for light margarine as our local grocery stores no longer carry the stick light margarine. I can only find the tub (soft) light margarine here. I am sure this will add a few extra calories but at least the recipes will have reduced sugar content.I will update this review, if needed.Recommend.0 of 0 people found the following review helpful. SplendaBy R. DyeBought for someone.0 of 0 people found the following review helpful. This book is packed with recipes that have great flavor, but also nice textureBy PrairieGirlBaking with Splenda takes a special finesse and JoAnna Lund knew just how to do it! This book is packed with recipes that have great flavor, but also nice texture. Wonderful when you have diabetes, or heart problems. I have loved every single thing I have tried in this book.

Take the "Sin" out of Cinnamon Rolls! From fresh-baked bread and biscuits hot from the oven, finger-licking pies and decadently sweet cobblers to heavenly coffeecakes, sinful cheesecakes, and gooey chocolate chip cookies, JoAnna Lund has accomplished the impossible using Splendareg; No Calorie Sweetener. Whether it's her Peanut Butter Cup Cookies, Blueberry Crumble Pie or Cappuccino Cheesecake, JoAnna's more than 200 baked goods and desserts are as quick and easy to whip up as they are low in sugar, carbs, and fat.This all-new collection also features:Baking Plus! Recipes for sauces, glazes and toppingsSpecial section of recipes using Splendareg; Sugar Blend for BakingCooking and baking secrets and tips to get the best results with the least calories and fatBest bet recipes for your bread machine

About the AuthorJoAnna M. Lundnbsp;was the author of many books, includingnbsp;Healthy Exchanges Cookbook,nbsp;HELP: Healthy Exchanges Lifetime Plan, andnbsp;Make a Joyful Table.nbsp;A graduate of the University of Western Illinois, Lund founded Healthy Exchanges, a company that published a monthly newsletter, booklets, and inspirational audio and videotapes. She became a recognized spokeswoman for healthier eating, landing features in the New York Times, People, and Forbes, appearing on radio shows, and starring in her own cooking show, JoAnna Lund's HELP Yourself. Lund died of breast cancer in 2006.Barbara Alpernbsp;is the author ofnbsp;No Friend Like a Sister, 30 Minutes to Mealtime, Another Potful of Recipes, Baking with Splenda, Cooking Healthy with a Pressure Cooker, Cooking for Two, andnbsp;The Love of Friends.