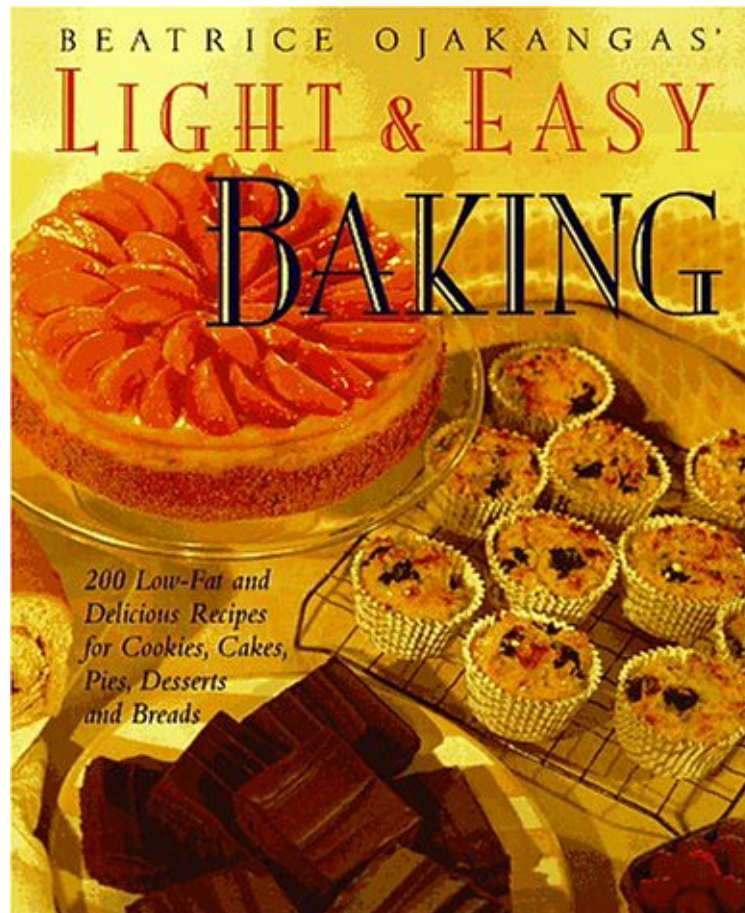


(Download free pdf) Beatrice Ojakangas' Light and Easy Baking: More Than 200 Low-Fat and Delicious Recipes for Cookies, Cakes, Pies, Desserts and Breads

## Beatrice Ojakangas' Light and Easy Baking: More Than 200 Low-Fat and Delicious Recipes for Cookies, Cakes, Pies, Desserts and Breads

Beatrice Ojakangas

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**Beatrice Ojakangas : Beatrice Ojakangas' Light and Easy Baking: More Than 200 Low-Fat and Delicious Recipes for Cookies, Cakes, Pies, Desserts and Breads** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Beatrice Ojakangas' Light and Easy Baking: More Than 200 Low-Fat and Delicious Recipes for Cookies, Cakes, Pies, Desserts and Breads:

5 of 6 people found the following review helpful. Low Fat and Tasty By Charlotte Lee This has become my main cookbook for baking. When the breads, cakes, cookies, pies etc. look and taste good with the added advantage of lower calories why go elsewhere?

Here is a diverse and surprising collection of mouth-watering, low-fat treats from the baker who brought happy, healthy eaters the wonderful Light Muffins. Replacing fatty shortenings with fruit purees and using low-fat versions of dairy products, Ojakangas has created more than 200 recipes that don't depend on fat for their identity or their palate-pleasing flavors and textures.

From Publishers Weekly Ojakangas (*Light Muffins; Quick Breads*) fine-tunes the ingredient lists on some 200 baked goods (many already relatively low in fat) to bring them warm from the oven with a fat content well under 30%. Fruit purees and low-fat dairy products replace oils and other fatty ingredients without a loss of moisture or texture. Although Ojakangas's detailed instructions make these recipes—and the shift in baking procedures some of the substitutions require—accessible to home bakers, her precision elsewhere can be somewhat irritating. Nutritional counts are measured down to the hundredths and each recipe is strictly categorized (shaped, bar, drop, or twice-baked cookies, for example). Nevertheless, such recipes as Cocoa-Nutmeg Snickerdoodles, Swedish Almond Rusks and Cranberry-Raisin Streusel Cheesecake amply reward the home baker's persistence. Ojakangas is a reliable and inventive recipe writer: Mango Angel Pie (a meringue crust and an uncooked filling), Wild Rice Muffins, Icelandic Three-Grain Brown Bread, Crab and Vegetable Torte and a Swedish saffron-scented bread known as Saint Lucia Crown are examples of some of the unexpected pleasures in the collection. Copyright 1996 Reed Business Information, Inc.

From *Library Journal* The latest collection from the prolific Ojakangas (*Light Muffins*, LJ 5/15/95) includes new light desserts and muffins as well as lots of breads and other baked goods. Some are entirely new; others are lighter versions of favorite recipes. Ojakangas uses some nonfat dairy products and fruit purees to replace high-fat, calorie-laden ingredients, but she doesn't attempt to fiddle with rich, gooey treats such as fudgy chocolate brownies, believing some indulgences are best left unadulterated and reserved for special occasions. Ojakangas is a reliable and experienced baker, and her book is recommended for most collections. Tribble (*Healthy Homestyle Cooking*, Rodale, 1994) writes the "Recipe Makeover" column in *Shape* magazine. Here she presents lightened dessert recipes, with "before" and "after" nutritional analyses for the traditional version and the new one. Some of these seem to exemplify the type of "recipe torture" Ojakangas refers to and avoids?e.g., a Peanut Butter Cheese Pie that substitutes pureed nonfat cottage cheese for cream cheese, a gelatin-milk combination for heavy cream, and peanut butter and jam for butter in the crust. But if you need one more low-fat dessert book, readers on low-cholesterol diets may find Mile-High Sundae Pie and Triple-Layer German Chocolate Cake tempting, whether or not these deliver the taste of the real thing. Copyright 1996 Reed Business Information, Inc.

From *Booklist* Prolific cookbook author Ojakangas weighs in with a guide to baking aimed at keeping fat calories less than 30 percent of total calories. To that end, Ojakangas offers not only breads but also pies and cakes, items not usually noted for a low-fat constitution. She does not take her low-fat agenda to extremes, and she relies on a bit of butter in some of the recipes to ensure that the lack of calories does not mean also a lack of flavor. A change in a recipe's technique, such as substituting baking for frying in making yeast doughnuts, is often the only thing needed to turn a fat-laden pastry into a lighter snack. Ojakangas provides an extensive section on making breads in a bread machine that will doubtless prove useful for the home baker tired of the basic bread-machine product. Mark Knoblauch