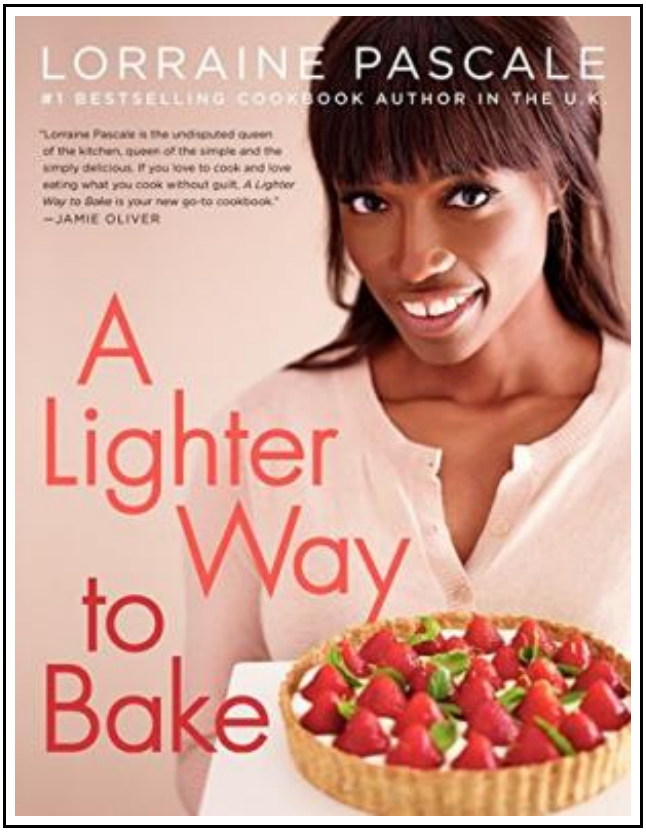
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A LIGHTER WAY TO BAKE (HARDBACK)

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Ecco Press, United States, 2014. Hardback. Book Condition: New. 249 x 193 mm. Language: English . Brand New Book. 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--amid the deluge of decadent baking books out there-- 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...

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