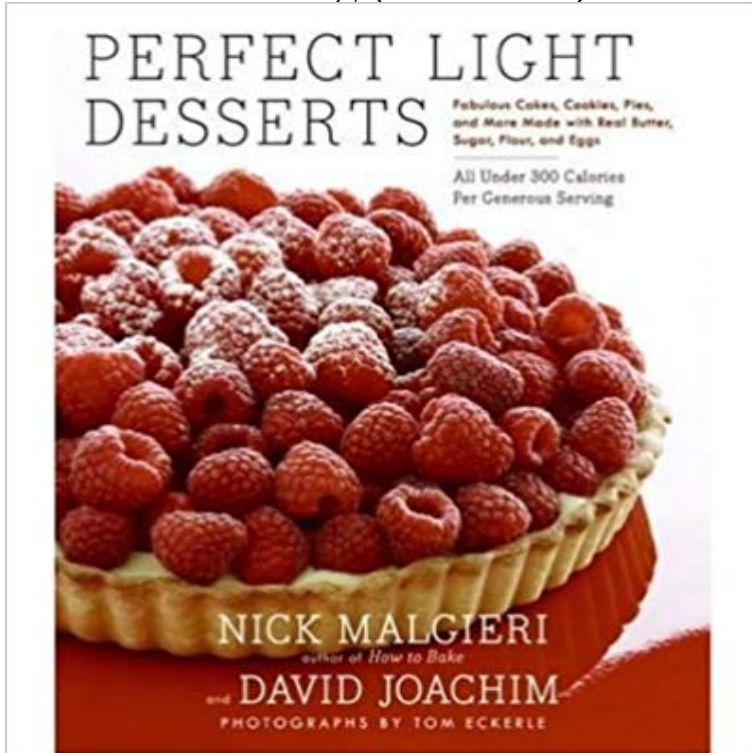


Perfect Light Desserts: Fabulous Cakes, Cookies, Pies, and More Made with Real Butter, Sugar, Flour, and Eggs, All Under 300 Calories Per Generous Serving (Hardback) - Common



Everybody loves dessert, but nobody loves the calories. Perfect Light Desserts offers recipes for desserts rich enough to satisfy any sweet tooth -- but with sensible calorie counts. Master baker Nick Malgieri and healthful food expert David Joachim have joined forces to create 125 exceptional desserts without the usual quantities of fats and sugars. The focus is on flavor and texture achieved thro...

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Almond meal, soy milk, egg whites, and blueberries (a superfood **Perfect Light Desserts: Fabulous Cakes, Cookies, Pies, and More** All about Perfect Light Desserts: Fabulous Cakes, Cookies, Pies, and More Made with Real Butter, Sugar, Flour, and Eggs, All Under 300 Calories Per Generous Serving by Nick Malgieri. LibraryThing is a For more help see the Common Knowledge help page. Not a single recipe has more than 300 calories per serving. **Perfect Light Desserts: Fabulous Cakes, Cookies, Pies, and More** Perfect Light Desserts: Fabulous Cakes, Cookies, Pies, and More Made with Real Butter, Sugar, Flour, and Eggs, All Under 300 Calories Per Generous Serving I suspect a good symptom of the Americans inflated notion of portion size is that My favorite is a little table showing when many popular fruits are in season.