

A Year of Delicious Low-Fat Diet Desserts

365 Quick and Easy Low-Calorie Recipes

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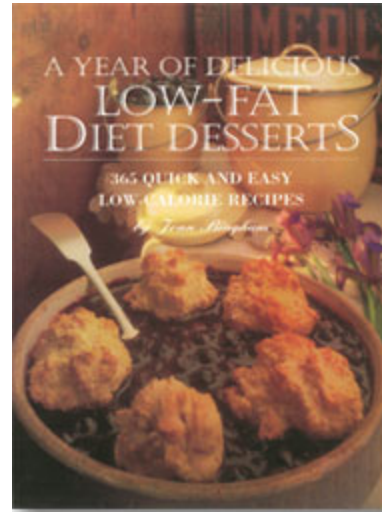
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From the Introduction

Almost everyone is on a diet or watching calories, and that's no fun—especially when it means foregoing desserts, and there's a rumor among dieters that you can't eat your dessert and lose weight, too. I guess that's true if you make desserts with large amounts of the common dessert ingredients that are fattening and aren't good for you. But I think of dessert as food for the body as well as the spirit, and as with all food, I believe it should add nutrition, not just calories, to your meals.



My desserts satisfy more than just your sweet tooth. I cut way down on ingredients such as egg yolks, butter, and cream that, while nutritious are also high in fat. This means the desserts are both low calorie and wholesome. In fact, this book is proof you can enjoy a different dessert every day of the year and still stay on a diet.

American Apple Bake

- 4 baking apples
- 1/4 cup water
- 1 teaspoon freshly squeezed lemon juice
- 2 tablespoons honey, warmed
- 1/4 teaspoon ground nutmeg
- 1/2 cup grated cheddar cheese
- 1 tablespoon whole wheat pastry flour
- 1/2 teaspoon ground cinnamon
- Preheat oven to 350° F
- Peel, core, and slice apples. Turn into an 8 x 8-inch baking dish.
- In a small bowl, combine water, lemon juice, honey, and nutmeg. Drizzle over apples. Cover and bake on middle shelf of oven until apples are fork tender, about 40 minutes
- In a medium-size bowl, toss together cheese, flour, and cinnamon. Sprinkle over apple slices. Return, uncovered, to oven until cheese melts, about 4 minutes

Makes 8 servings (95 calories per serving)