

Marlene Koch's Sensational Splenda Recipes: Over 375 Recipes Low In Sugar, Fat, And Calories - Marlene Koch

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With the newest addition to her Splenda library, Marlene Koch, has created the ultimate healthy low sugar cookbook. Featuring 125 brand new recipes along with all of her critically acclaimed recipes from Unbelievable Desserts with Splenda and Fantastic Food with Splenda (many with revisions and new updates), Marlene offers you 375 sensational recipes for every day and every occasion! From cold drinks and smoothies to hot beverages and breakfast foods to salads, vegetables, and protein-packed entrees these are foods the entire family will love. Hungry for a treat? You'll find all your favorites and more from puddings and custards to frozen desserts, cookies, pies, cakes, cheesecakes, toppings and even cocktails. Even more sensational, Marlene's recipes are as easy to follow as they are on the waistline. So no matter what your diet, you too can enjoy great food like Creamy Iced Coffee, Decadent Hot Chocolate, Stuffed French Toast, Minced Chicken Lettuce Wraps, Easy Re-Pickled Sweet Pickles, Lemon Meringue Pie and, yes, even Strawberry Topped New York Cheesecake, because they've all been incredibly reduced in sugar, fat, and calories but not in taste! This book also features: * 24 recipes in full color * Recipes, information and invaluable tips for cooking and baking with every type of Splenda (including the sugar-blends) * Sweet ways to cut the sugar and fantastic ways to cut the fat in all your own recipes * Up-to-date nutritional information for every recipe including Weight Watcher Point comparisons and Diabetic Exchanges Author: Koch, Marlene Publisher: M. Evans & Company Illustration: N Language: ENG Title: Marlene Koch's Sensational Splenda Recipes: Over 375 Recipes Low in Sugar, Fat, and Calories Pages: 00400 (Encrypted PDF) On Sale: 2008-01-01 SKU-13/ISBN: 9781590770955 Category: Cooking : Health & Healing - General Category: Cooking : Health & Healing - Low Fat Category: Cooking : Health & Healing - Weight Control

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