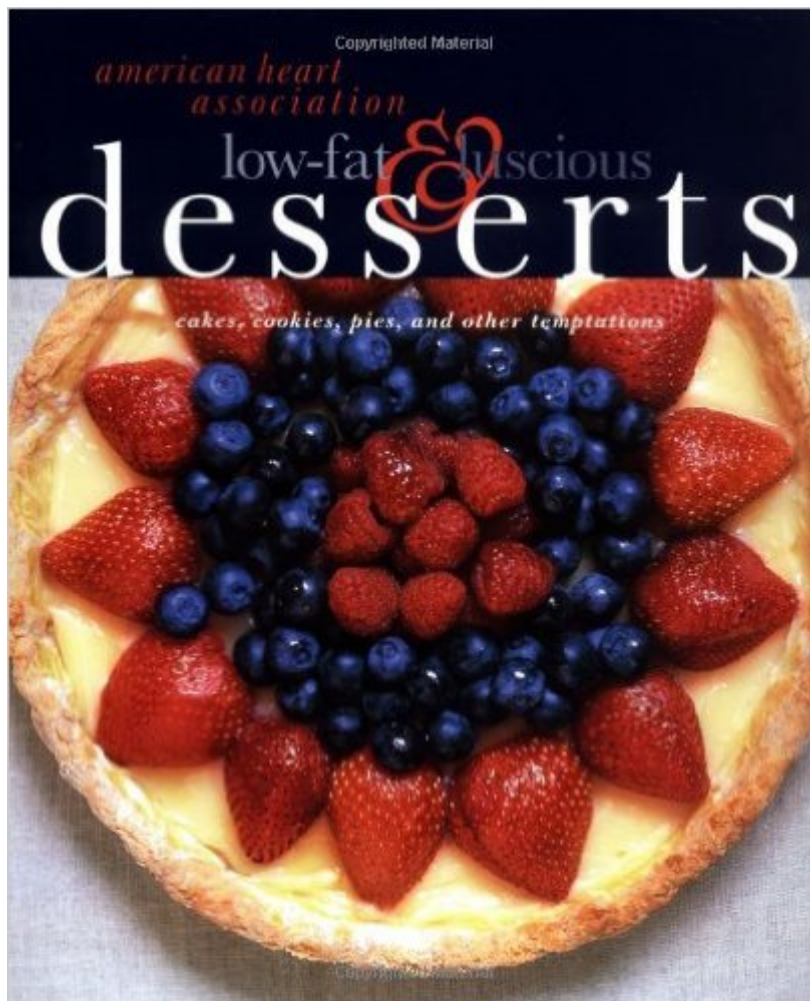


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# American Heart Association Low-Fat & Luscious Desserts: Cakes, Cookies, Pies, And Other Temptations



## Synopsis

With its first-ever dessert cookbook, the American Heart Association proves that you can indulge in soul-satisfying desserts -- and still keep your heart healthy and your waistline trim. These sweet treats are heavy on decadence, but light on saturated fat, cholesterol, and calories. Here are more than 100 mouthwatering recipes, every one of which can fit into a healthful eating plan. Whether you want to pack a special treat into a lunch box, whip up a quick goodie to end a weekday meal, or create a show-stopping finish to a birthday, dinner party, holiday feast, or other special occasion, here are your answers. You'll satisfy the most discriminating sweet tooth with these delectable, easy-to-prepare cakes, cookies, puddings, pies, fruit treats, and frozen delights -- and, of course, chocolate, chocolate, and more chocolate! With its gorgeous photography, this beautiful volume will be the perfect finale to your American Heart Association cookbook collection.

## Book Information

Series: American Heart Association

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Average Customer Review: 4.4 out of 5 stars [See all reviews](#) (18 customer reviews)

Best Sellers Rank: #1,117,094 in Books (See Top 100 in Books) #61 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > American Heart Association](#) #934 in [Books > Cookbooks, Food & Wine > Special Diet > Low Fat](#) #1909 in [Books > Cookbooks, Food & Wine > Special Diet > Weight Loss](#)

## Customer Reviews

This book is fabulous. If I hadn't seen in the title that it was lower in fat and better for you I would have thought the desserts were from the full fat foods. These were easy and tasty.

Lots of great recipes that don't have icky ingredients and great suggestions on how to modify your own recipes.

This book is great! As a co-recipe developer on this book I am proud to say that i had a part in the fantastic recipes. Try the pecan cookies or the german chocolate cake. The Orange Bread pudding with sauce is so rich you will need a glass of milk. I have been teaching "fattening" pastry classes for years and this year I replaced a few of the recipes with these and people do not even know. Try it on your family!

My husband had a heart attack recently and I wanted recipes for desserts he could enjoy at special occasions, that the rest of the family would too. There is no scrimping of flavor in the recipes I have tried so far! And it's great for the whole family to be eating desserts that not only taste wonderful but have some added nutrition without unnecessary fats. Highly recommend!

My Mother just recently recovered from a heart attack and a quadruple bypass. She is also diabetic so this book is a great way to help her heart and sugar levels:) Definitely Recommended!

This book has great info. The desserts are fabulous and I got an A on my Culinary school Final with one of these desserts!!!

I bought this dessert cookbook because I like desserts. But I need to watch my diet so when I started using this specialized dessert book I was in for a wonderful surprise. There is such a wide variety of choices it makes for a tough time of deciding what to make. The recipies are welll laid out and easy to follow, even for a clutz like me!! think you will enjoy it as much s I do.

Am looking forward to trying some of this recipes. It has given me some ideas and I'm putting my faith in a cookbook by the American Heart Association. We shall see. Thank you.

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