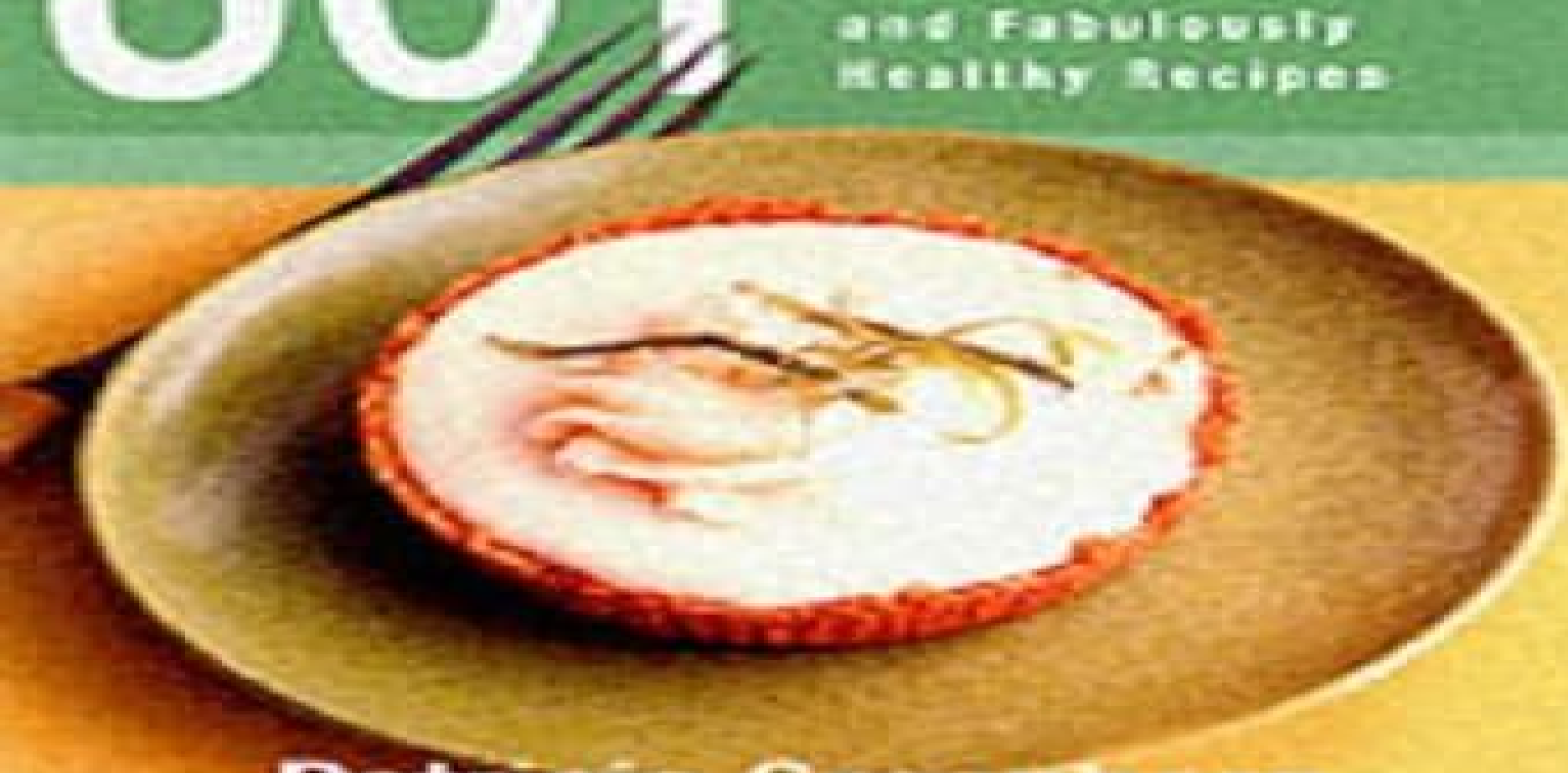


SOY DESSERTS

101 Fresh, Fun
and Fabulously
Healthy Recipes



Patricia Greenberg

BESTSELLING AUTHOR OF THE WHOLE LOT COOKBOOK

Soy Desserts 101 Fresh Fun And Fabulously Healthy Recipes

Michael Hoelscher



Soy Desserts 101 Fresh Fun And Fabulously Healthy Recipes:

Soy Desserts Patricia Greenberg, 2000-10-17 What if you could improve your health by eating a luscious espresso cinnamon cheesecake a delicious key lime tart or tantalizing chocolate truffles Well now you can *Soy Desserts* is the first cookbook exclusively devoted to desserts made with tofu soy chocolate soy milk soy yogurt and soy cheeses In its pages you ll learn how to make and enjoy such delights as Raspberry Marble Tofu Cheesecake Soynut Pecan Pie Tofu Coconut Cream Pie and Lemon Ginger Soy Ice Cream Lauded as a miracle food soy is renowned for lowering the risk of breast cancer and heart disease easing the symptoms of menopause protecting against prostate cancer and preventing digestive disorders Additionally soy provides the highest levels of protein available from a plant source is an ideal source of complex carbohydrates and is naturally low in sodium Patricia Greenberg explains the many healthful benefits of soy and reveals how even the most decadent of desserts can be turned into a healthy treat using nature s healthiest bean *Soy Desserts* shows how you can indulge in rich sweet treats like Tofu Chocolate Almond Mousse Soy Chocolate Raspberry Brownies and Four Layer Soy Yellow Cherry Cake with Soy Chocolate Cream Cheese Frosting and still maintain a healthy diet It also includes helpful sections on buying storing and baking with soy products and getting the best nutrition from soy Whether you re vegetarian vegan diabetic lactose intolerant or just someone who wants to prepare tasty health promoting desserts this is the cookbook for you *Soy Desserts* includes mouthwatering recipes for Tasty Pies and Tarts Scrumptious Cakes and Frostings Delicious Quickbreads Muffins Brownies Bars and Scones Irresistible Candies and Cookies Delightful Parfaits Custards Mousses Puddings and Soy Ice Creams

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Soy Desserts 101 Fresh Fun And Fabulously Healthy Recipes Book Review: Unveiling the Power of Words

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<https://archive.kdd.org/book/detail/default.aspx/The%20Littlest%20Rabbit%20A%20Little%20Love%20Story.pdf>

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