

SLIM GOURMET SWEETS & TREATS

BARBARA GIBBONS



By the author of the best-selling Slim Gourmet Cookbook

Slim Gourmet Sweets And Treats

Andrew F. Smith



Slim Gourmet Sweets And Treats:

Slim Gourmet Sweets and Treats Barbara Gibbons, 1982 Alternative Sweeteners Lyn O'Brien-Nabors, 2016-04-19 The fourth edition of *Alternative Sweeteners* follows the same formula as the previous three books by discussing each sweetener in terms of its characteristics. Qualities covered include means of production, physical characteristics, utility, and relative sweetness compared to sucrose. Technical qualities covered include admixture, potential application, availability, shelf life, transport, metabolism, carcinogenicity, and other toxicity evaluation data. A new chapter on the sweetener Advantame has been added, and new contributors have updated information throughout the book. Also new is a section on how stevia sweeteners have been examined and deemed safe by the Joint FAO/WHO Expert Committee on Food Additives and the US FDA.

Light & Easy Barbara Gibbons, 1991 Following the success of *Light Spicy*, here are hundreds of tasty, healthful, and easy-to-prepare dishes from the doyenne of low-calorie cooking, Barbara Gibbons. The *Slim Gourmet* and author of *Lean Cuisine*, 16 pages of four color photographs.

Kitchen Collectibles Diane Stonebach, 1994 This is a complete guide to the world of kitchen collectables. Produced in A-Z format for easy reference, it covers all types of collectables from butter moulds and biscuit cutters from the 1700s to electrical appliances of the mid 20th century kitchen. Every kitchen item is included from dryers to frying pans, shakers to baking trays and scales to the average bucket.

Directory American Society of Journalists and Authors, 1984 The Publishers' Trade List Annual, 1984 *Annual Report* Thomas Jefferson Library System, 1980

Freelance Directory of Medical Communication Services American Medical Writers Association, 1989

Salads for All Seasons Barbara Gibbons, 1982 *Contemporary Authors, New Revision Series* CONTEMPORARY., 1981

The World Who's who of Women, 1984 **The Slim Gourmet Cookbook** Barbara Gibbons, 1993-12 How would you like to feast on such meals as Cheese Omelet, Florentine Flank Steak Bordelaise, or Sole Stuffed with Crabmeat? And what about dessert? Can you see yourself digging into Spiced Chocolate Rice Pudding or Apple Cheddar Cheesecake? With Barbara Gibbons' help, you can welcome back those comfort foods and taste bud treats that you thought you had bid farewell to forever. Well known for her syndicated *Slim Gourmet* column, Gibbons shows you how to take those favorite recipes, the ones filled with dangerous things like chocolate, cheese, and steak, to name a few, and edit out the unnecessary fats, starches, and sugars while leaving the taste intact.

American Book Publishing Record, 1983-04 **News Media Yellow Book**, 2004 *Mademoiselle*, 1983

Brands and Their Companies, 1999 A guide to trade names, brand names, product names, coined names, model names, and design names with addresses of their manufacturers, importers, marketers, or distributors.

History of Soy Ice Cream and Other Non-Dairy Frozen Desserts (1899-2013) William Shurtleff, Akiko Aoyagi, 2013-10-18

Lean Cuisine Barbara Gibbons, 1979 Delicious recipes for the healthy, stay-slender life.

Fast Food and Junk Food Andrew F. Smith, 2011-12-02 This fascinating and revealing work examines the incredible power of junk food and fast food, how nostalgic we are about them, the influence of the companies that manufacture or sell them, and their

alarming effect on our country's state of health. In the last half century junk food and fast food have come to play an extremely important role in American economic, historical, cultural, and social life. Today they have a major influence on what Americans eat and how healthy we are or aren't. **Fast Food and Junk Food: An Encyclopedia of What We Love to Eat** tells the intriguing, fun, and incredible stories behind the successes of these commercial food products and documents the numerous health-related, environmental, cultural, and politico-economic issues associated with them. With more than 700 alphabetically arranged entries, this two-volume encyclopedia contains enough listings to allow readers to research a wide range of fascinating topics. The author treats the massive amount of subject material within this reference title in a fair and balanced manner. A secondary focus of this encyclopedia is to chart the spread of some American fast food chains and commercially produced junk foods internationally.

The NutriBase Guide to Fat & Fiber in Your Food NutriBase, 2001. The NutriBase Nutrition Facts Desk Reference is an essential tool for monitoring the nutritional value of your diet. Recognized by health experts as the best source of information on food values, it is widely used by physicians, nutritionists, and health-conscious consumers alike. This completely revised and updated second edition has more than 40,000 entries for generic, brand-name, prepared, and specialty foods, including fast foods and restaurant meals. Alphabetical listings include the amount of calories, carbohydrates, sodium, protein, fiber, fat, saturated fats, cholesterol, and percentage of calories from fat. In short, everything needed to analyze diet and nutrition. Many nutritionists advise a reduction in fat and a simultaneous increase in fiber for optimal health. With more than 40,000 entries, this book helps readers identify the best foods for weight loss and disease prevention.

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