



High Fiber,  
Low Fat, No Sugar

# Jane Kinderlehrer

## The Smart Baking Cookbook

Muffins, Cookies,  
Biscuits, and Breads

More than 180 recipes  
for heavenly, healthful eating

# Smart Baking Muffins Cookies Biscuits And Breads

**Ensheng Dong**



### **Smart Baking Muffins Cookies Biscuits And Breads:**

The Smart Baking Book Jane Kinderlehrer, 1998 With each recipe high in fiber proteins and flavor this book features family and kitchen tested recipes for 83 muffins 80 cookies and dozens of biscuits breads and toppings     **The Smart Baking Cookbook** Jane Kinderlehrer, 2002-09-11 Former Prevention senior editor and nutrition expert Jane Kinderlehrer reveals the secrets to delicious yet healthy baking in these 180 high fiber lowfat no sugar recipes Ideal for today's healthy choice lifestyle The Smart Baking Cookbook provides readers with over 180 easy recipes for baked goods that are high fiber and high flavor yet sugar free and low fat These delectable vitamin enriched recipes also contain no white flour hydrogenated fats or chemical additives just natural ingredients like fruit nuts honey and carob Charmingly illustrated the book includes an extensive guide to flours grains and seeds helpful nutrient analysis of ingredients a metric conversion chart and special chapters for the allergic Recipes include family and kitchen tested gems Banana Maple Walnut Muffins Pizza Muffins Dark Rye and Cornmeal Bread Butterfly Ginger Cookies Cinnamon Twist Coffee Cake Crunchy Fudgy Brownies and much more

**The Smart Chicken & Fish Cookbook** Jane Kinderlehrer, 2010-05 Jane Kinderlehrer's Smart Chicken and Smart Fish are now collected in this one volume creating a doubly delicious selection of high fiber low fat low or no sugar low sodium and low cholesterol recipes for main courses soups and salads For the first time here are Jane Kinderlehrer's collected recipes and tips involving fowl and fish preparations a companion to her Smart Baking Cookbook with her recipes on muffins cookies biscuits and breads However you make your poultry whether roasted sauteed poached grilled baked and stir fried make it healthy with these 101 chicken recipes Recommended by Julia Child the tasty poultry offerings include dozens of chicken capon turkey breast pot pie and stew selections plus a glossary on terminology and helpful hints on stuffing carving storing and freezing Regarding fish here are 101 recipes encompassing 26 varieties of fin fish covering baking broiling poaching gilling smoking and sauteing and including appetizers salads chowders gumbos and main courses Jane also reports all the important facts on fish safety selection menu planning and caloric and nutritional analysis     **Anne Lindsay's Smart Cooking** Anne Lindsay, 2008-08-25 First published in 1986 Anne Lindsay's Smart Cooking began Canada's healthy eating revolution Anne Lindsay's Smart Cooking features Over 200 recipes for appetizers soups salads dinner entrées baking and desserts An analysis for each recipe showing calories fat protein carbohydrate sodium and fiber The latest nutrition information on reducing your risk of cancer through diet Use these time tested recipes and the menu suggestions to find out how easy and tasty healthy eating can be     **The Publishers Weekly**, 2002     Subject Guide to Books in Print, 1997

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