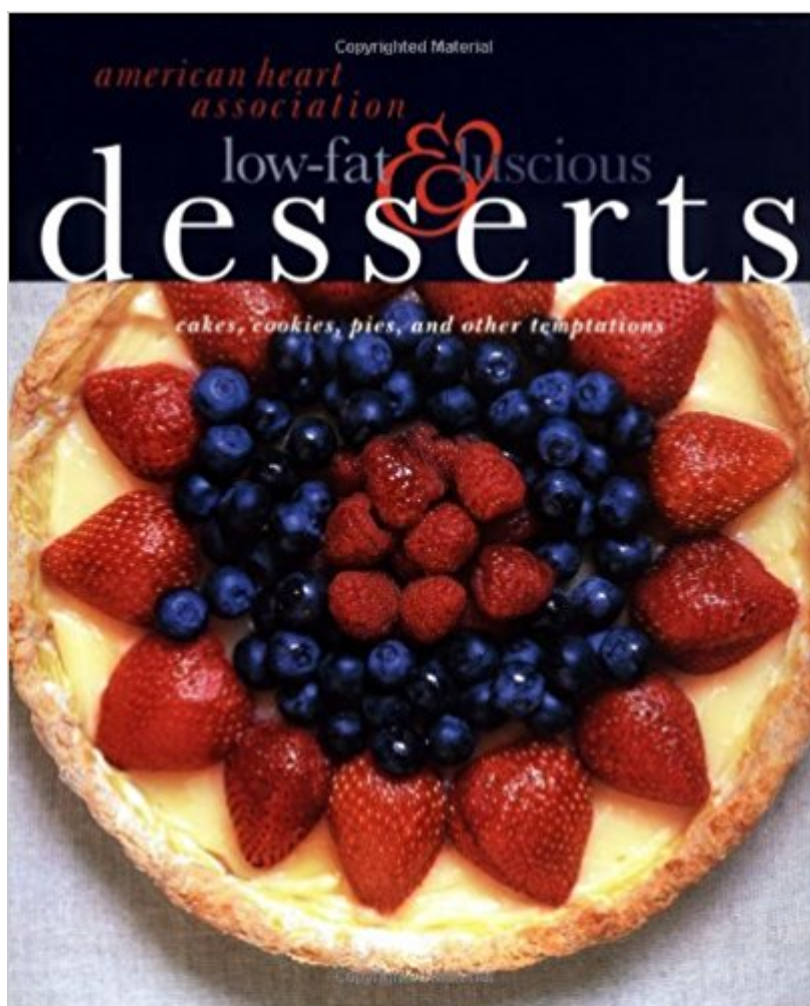


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# American Heart Association Low-Fat & Luscious Desserts: Cakes, Cookies, Pies, And Other Temptations



## 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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## Customer Reviews

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The American Heart Association is the nation's premier authority on heart health. Its best-selling library of cookbooks and guides includes The New American Heart Association Cookbook; American Heart Association Low-Fat, Low-Cholesterol Cookbook; American Heart Association Meals in Minutes Cookbook; American Heart Association Quick & Easy Cookbook; American Heart Association Kids' Cookbook; and American Heart Association Around the World Cookbook. The organization is headquartered in Dallas, Texas, with affiliates that serve the entire United States. For more information, please see [www.americanheart.org](http://www.americanheart.org).

Should have looked more closely at the publish date, this book obviously came out before American Heart Association took oils and fats into more thorough consideration as the pastry items in here, are just too loaded with butter etc.

Good informative book

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!

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!

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 recipes are well laid out and easy to follow, even for a clutz like me! I think you will enjoy it as much as I do.

This is a really good cookbook. Has lots of ideas that are delicious and healthy which was what I

was looking for. Glad I ordered it.

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.

I bought this after my husband had a heart attack. NOW I KNOW! We can have desserts that ARE heart healthy and good for us!! Thank you

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