



# Low Fat Cookie Dough Recipe

**Valerie Parker**



## Low Fat Cookie Dough Recipe:

The Clever Cook's Kitchen Handbook David Joachim,2001-11-01 More than 5 000 brilliant tips on buying storing and preparing food boosting flavor cooking healthfully saving time rescuing failed recipes and much more *The Complete Photo Guide to Cookie Decorating* Autumn Carpenter,2013-04-01 The Complete Photo Guide to Cookie Decorating is the ultimate reference for all methods of cookie decorating a comprehensive guide for crafters and aspiring sugar artists In just a few minutes a cookie can be transformed from a simple shape into a colorful edible work of art With some basic skills and a little practice everyone from kids to adults can enjoy this fun craft Expert sugar artist and author of The Complete Photo Guide to Cake Decorating Autumn Carpenter helps you learn these skills and become a confident cookie decorator through step by step directions 400 full color photos and invaluable decorating tips and tricks The clear organization provides easy access to information simple projects provide fun opportunities for trying the techniques and a gallery of beautifully decorated cookies offers examples and inspiration You ll find Recipes and helpful tips for rolling cutting and baking perfect cookies Recipes for various icings buttercream chocolate run sugar egg wash and rolled fondant Detailed instructions for piping painting marbling and coating plus ways to add shimmer sparkle and special accents Great ideas for packaging storing and presenting your decorated cookies For those who might be a bit intimidated by the idea of decorating cookies fear not With this guide and some experimentation anyone from knowledgeable baker to amateur home cooks can create this edible art The Complete Photo Guide series includes all the instruction you need to pursue your creative passion With hundreds of clear photos detailed step by step directions handy tips and inspirational ideas it s easy and fun to try new projects and techniques and take your skills to the next level **Southern Living Our Best Recipes Made Lighter** Oxmoor House,1998 *Joy of Cooking: All About Cookies* Irma S. Rombauer,Marion Rombauer Becker,Ethan Becker,2002-09-10 Baking cookies and making them for gift decorating them and packaging them for gift giving **New Cook Book** Jennifer Darling,2003-09 Features more than one thousand kitchen tested recipes menu suggestions nutrition facts recipes for crockery cookers and cooking tips **More Fat Free & Ultra Low Fat Recipes from Doris' Kitchen** Doris Ann Cross,1993 **More Choices for a Healthy Low-fat You** Cheryl D. Thomas Peters,James A. Peters,1997 for a Healthy Low Fat You Cheryl Thomas Peters This cookbook features a wide variety of recipes for great tasting vegetarian meals Plus a nutrition and lifestyle plan for achieving and maintaining your ideal weight and health **The Technology of Wafers and Waffles II** Karl F. Tiefenbacher,2018-11-30 The Technology of Wafers and Waffles Recipes Product Development and Knowhow is the definitive reference book addressing new product development in wafers and waffles As a companion manual to The Technology of Wafers and Waffles Operational Aspects it provides a varied selection of recipes for different types of wafers waffles and fillings This book discusses flat and shaped wafers ice cream cones cups wafer reels wafer sticks stroop waffles and North American frozen waffles A separate chapter focuses on recipe calculations for wafer

and waffle batters doughs and fillings which allows estimating output cost and main nutrient content Finally there is also an overview on the patent and food science literature on wafers and waffles in chronological order Brings a selection of recipes for different types of wafers waffles and fillings along with information on relevant patents and literature Includes a chapter on recipe calculations for wafer and waffle batters doughs and fillings along with a glossary of terms in wafer and waffle science and technology Explores recipe calculation for estimating cost and final composition in main nutrients for wafers and waffles Provides tables that help keep nutrient targets during new product development processes

**A Lowfat Lifeline for the '90s** Valerie Parker,1990 This cookbook is designed to provide recipes that show where fat is in foods and how to cut the fat consumed The book is an outgrowth of The lowfat lifestyle The book is divided into three sections 1 tips and hints how to change to a lowfat lifestyle 2 over 150 recipes 3 background information on the relationship between fat and disease **JOC All New Rev. - 1997** Irma S. Rombauer,Marion Rombauer Becker,Ethan Becker,1997-11-05 This updated version of America's most enduring and trusted cookbook contains more than 4 500 recipes including hundreds of new ones plus an enlarged section on herbs spices and seasonings and tips on cooking techniques canning and preserving 1 000 line drawings Ribbon marker Copyright Libri GmbH All rights reserved

**Healthy Baking** PH D Florence Bienenfeld, Ph.D.,Florence Bienenfeld,Mickey Bienenfeld,1992-12-12

**Better Homes & Gardens annual recipes** Better Homes & Gardens,1997

**The Practical Guide to Practically Everything** Peter L Bernstein,Peter W. Bernstein,Christopher Ma,1996-09-17 The most successful and useful new almanac of the decade is back with reams of new material to help readers make the most out of their lives in the coming year This year's Practical Guide includes advice from more than 500 experts including O J Simpson's jury consultant on the ins and outs of jury duty Cal Ripken Jr on how to go from Little League to the majors master chef Jacques Pepin on his favorite low fat gourmet desserts and C Everett Koop on how to choose a doctor Graphs tables charts illustrations

*Good Housekeeping* ,1997

**Low-Fat Ways to Cook Desserts** Oxmoor House,1995 You've finally decided to cut back on fat and you've been successful up to now your entree vegetable and even bread have all contained less than 30 percent fat But then comes dessert your favorite part of the meal Is there a way to make healthy low fat desserts that taste good Welcome to Low Fat Ways to Cook Desserts a collection of recipes that will satisfy your sweet tooth without sacrificing your resolutions

*101 Cookie Recipes* ,1998

**Baking with Love** Duncan Hines,2000

**Vegetarian Times** ,1997-12 To do what no other magazine does Deliver simple delicious food plus expert health and lifestyle information that's exclusively vegetarian but wrapped in a fresh stylish mainstream package that's inviting to all Because while vegetarians are a great vital passionate niche their healthy way of eating and the earth friendly values it inspires appeals to an increasingly large group of Americans VT's goal To embrace both

**Baking Collection** ,1999 Easy Home Cooking Baking Secrets Duncan Hines Bake it Easy Hershey's Best Loved Recipes

Red Book ,1987 The magazine for young adults varies

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