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Light Muffins: Over 60 Recipes for Sweet and Savory Low-Fat Muffins and Spreads (Low-Fat Kitchen)

Beatrice Ojakangas

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Muffins for breakfast, muffins for snacks, muffins with a meal, even muffins for dessert! America loves muffins, but recently everyone has become aware that this popular treat can be a minefield of fat and calories. Now, in Light Muffins, Beatrice Ojakangas turns this favorite food into a delicious, healthful, low-fat treat.

Replacing high-fat ingredients, such as butter and oils, with naturally low-fat substitutes, such as fruit purees and extra liquid, Beatrice Ojakangas proves that muffins don't have to be bad for you to taste great. She fills chapters such as Breakfast and Brunch Muffins, Savory Muffins, Snack Muffins, Dessert Muffins, Fat-free Muffins, and Spreads with delicious muffin recipes to appeal to all tastes, and each of the 60 recipes is accompanied by a nutritional breakdown. Quick and simple to make, Beatrice's well-tested recipes ensure that the results are always moist, tender, and irresistible.

Beatrice Ojakangas, one of America's favorite bakers, brings her years of baking expertise to this book, and knows that if a muffin doesn't taste wonderful, it doesn't matter how good it is for you. Light Muffins is sure to be a staple on every baker's cookbook shelf, satisfying muffin cravings for any time of the day or night.

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