



A Year of Delicious Low-Fat Diet Desserts: 365 Quick and Easy Low-Calorie Recipes

Joan Bingham

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Dieting can be its own reward--twice over! Now the dieter can treat herself to luscious desserts and still see the pounds come off. Joan Bingham provides a tempting and guilt-free treat for every day of the year, each containing a maximum of 200 calories.

This is a book for every dieter, providing sinful-looking indulgences that build morale as they help to shed pounds. The book also provides invaluable tips on weight-conscious food shopping and successful substitution of low-calorie ingredients for fattening ones.

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