



Enlightened Cakes: More Than 100 Decadently Light Layer Cakes, Bundt Cakes, Cupcakes, Cheesecakes, and More, All with Less Fat and Fewer Calories

Camilla V Saulsbury

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If you have had a lifelong love affair with cake, ENLIGHTENED CAKES is for you. It contains a cake for every occasion. For a fuss-free cake for afternoon coffee with friends, Cardamom-Scented Citrus Loaf or One-Bowl Chocolate Buttermilk Cake will do the trick (and can be mixed, assembled, and in the oven in less than ten minutes). These cakes are not hard to make. The recipes are straightforward, the ingredients commonly available, and the techniques geared toward the home baker. All have been field tested, which mean all of them work. And all follow well-recognized enlightened"" guidelines for healthy eating, including no more than 10 grams of fat per serving, utilization of healthy fats and oils, and incorporation of whole grains when possible. A nutritional analysis is included with every recipe, listing a breakdown of calories, protein, fat, saturated fat, carbohydrates, sodium, and cholesterol per serving.

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