



**No-Fat Low-Fat Desserts: 100 Light & Fruity
Recipes: Delectable crumbles, pies, cakes, souflees,
ice and fruit salads, in 450 step-by-step
photographs**

Simona Hill

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A comprehensive introduction provides advice on choosing low-fat alternatives to standard ranges, and ways to reduce the amount of saturated fat in your diet, while 90 appealing recipes make the most of the abundance of soft fresh fruit that the summer season brings

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