

COMPLETE IDIOT'S GUIDE

"Some of the best low-fat desserts I've ever tasted. These new recipes show will make you say to the kitchen, 'and what's cooking!'"

—Francesca Thomas Smith,
Senior Food Critic,
Cooking Channel

Light Desserts

- Tempting recipes for more than 100 scrumptious low-fat and low-cal desserts.
- Tips and techniques for creating decadent dessert-lover's desserts without the fat.
- Light versions of all the classic desserts plus new favorites.

Rose Reisman



Complete Idiots Guide To Light Desserts

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