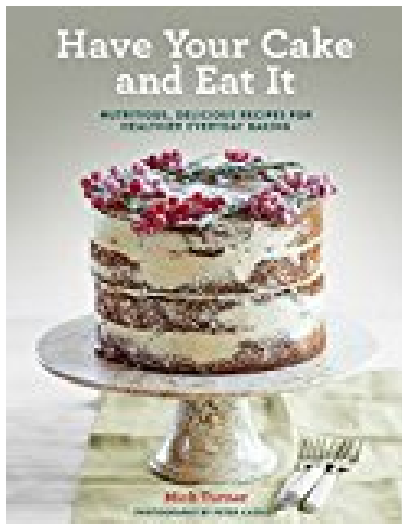


# Have Your Cake and Eat It Nutritious Delicious Recipes for Healthier Everyday Baking

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## BOOK DETAILS

- Author : Mich Turner
- Pages : 224 Pages
- Publisher : Sterling Epicure
- Language : English
- ISBN : 1454923067

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## BOOK SYNOPSIS

Celebrity baker Mich Turner rises to the challenge with a smarter take on sweet bakes – so you can have your cake and eat it! Her yummy recipes, which include cakes, cookies, meringues, bars, muffins and cupcakes, are made healthier and more nutritious by including fresh and dried fruits, nuts and seeds, and also alternatives for gluten, fats, sugars and dairy to accommodate your personal diet and lifestyle. The secret to Mich's recipes is a fine balance between delicious and nutritious. Baking and eating healthier cakes doesn't have to mean bland and boring, and Mich shows you how in this wonderful book of sweet treats. Mich offers suggestions for substituting fats, flours and sugars so you can choose what to bake. In addition, there are smaller bakes so you can portion-control your servings, which helps steer you through the jungle of information. Each recipe is filled with tips and know-how from Mich's incredible baking expertise. Whether you are new to baking or a cake expert, Mich's inspirational recipes will give you a reason to bake for family, bake for friends, to celebrate or make amends! Indulge in Peach Melba Muffins, Pumpkin and Poppy Seed Loaf, Pierce Brosnan's Carrot Cake, All-natural Red Velvet Cake, Hazelnut Meringue with Mango and Passion Fruit among many other delicious bakes.

### **HAVE YOUR CAKE AND EAT IT NUTRITIOUS DELICIOUS RECIPES FOR HEALTHIER EVERYDAY BAKING**

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