

Delicious Desserts

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Foreword:

Meet hundreds of sweets and good tasting desserts and pastries that are good for you!

If you've got a sweet tooth that sometimes gets you in trouble, we'd like you to have some naturally delicious desserts and sweets that taste good and are actually good for you!

That's right—there are healthful, natural, "good goodies" that you can serve and enjoy homemade desserts and sweets that are really satisfy! You'll find delights like Banana Crepes, Baked Peach Fondue, Butter Fudge, Fresh Lime Mousse, Cream Pudding, pie, rolls, cakes, bread, biscuits, and native *kakanin*, too.

Test the peanut Butter Surprise Pie, fruit-filled cookies. There are pies, cakes, candies and fancy favorites from around the globe and you can enjoy as many as you like.

All-new, all-natural, "sweet food" recipes for delicious desserts and sweets.

If you think all fast foods have to be loaded with calories, lacking in nourishment, and lagooned in animal fats, we invite you to try these sweets, delicious desserts, and pastry recipes. You'll be amazed on how easy it is to turn those treats into wholesome, lip-smacking delights.

A get-together party is probably one of the most usual occasions for entertaining friends particularly when they have children. It means planning a menu that will suit both the parents and the children. **Delicious Desserts** gives recipes for cakes, pies, cookies and biscuits and many others that will appreciated especially by the younger people as well as the adults in any party.

Most guests, young and old, enjoy something savory as well as sweet food in the party—so serve a selection of small sandwiches, as suggestion. Follow with bread and butter and/or jam sandwiches. Have a selection of small cakes or pies, and cookies and ice cream.

