



Olive Oil Desserts: Delicious and Healthy Heart Smart Baking

Micki Sannar

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Those yearning to create more healthy treats will learn how to bake without the fats and hydrogenated oils found in common dessert recipes with this lavishly illustrated cookbook. Designed specifically for baking with olive oil, the recipes eliminate key ingredients—butter, hydrogenated oils, margarine, and shortening—that are staples in many traditional desserts. In addition to household favorites such as toll cookies, brownies, and apple pie, the cookbook features instructions for making more than 60 mouth-watering treats, among them chocolate chip buttermilk cake, silky cheesecake with strawberries, lemon sugar cookies, pecan coconut bars, and apple cinnamon rolls. Hints such as using egg substitutes and other ingredients to further lower cholesterol intake, substituting lactose-free options for those suffering from milk sensitivities, and a guide to the many varieties of olive oil are also included.

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