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## A Pastry Queen Goes Green: The Dessert Lovers Guide to Better Nutrition (Paperback)

By Lorene Sauro Rhn

Createspace, United States, 2013. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Everyone has a sweet tooth but sometimes the foods we love do not love us back. A Pastry Goes Green offers both experienced and novice bakers, the steps and tips to create delicious muffins, cookies cakes, bread and pies with better quality, healthier ingredients that deliver more nutrients as well as wonderful flavors and textures. How great would that be? To be able to enjoy treats knowing they are delivering plenty of nutrients and sustainable energy. A Pastry Queen Goes Green offers this and more. A complete guide to using whole grains, including gluten-free, with all the instructions to create perfect textures and tastes. A complete guide to using low-glycemic whole sweeteners like pure honey and maple syrup, sucanat, rapidura, coconut sweetener and more, with all the instructions for getting the best results. Over 200 tested recipes including all the basics such as Banana Cream Pie, My Favorite Chocolate Cake, Creme Brulee, homemade ice cream and pretzels. It also has unique recipes like Chocolate Almond Bean Cake, Hummus Bread and Maple Brown Rice Crispies - all amazingly delicious. Tips about special ingredients...



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### Reviews

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