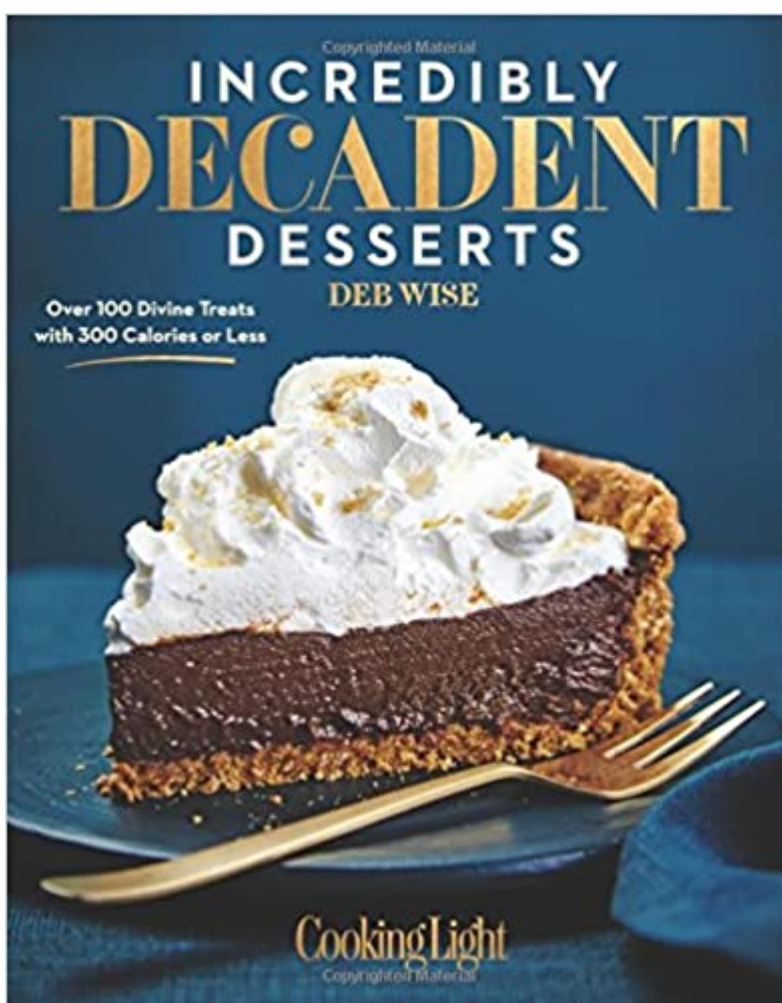


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# Incredibly Decadent Desserts: Over 100 Divine Treats With 300 Calories Or Less



## Synopsis

If you've ever skipped dessert because you didn't want to indulge, Cooking Light has the solution: guilt-free versions of your favorite recipes that cut calories without sacrificing flavor. The secret? Deb Wise, an experienced baker who has perfected the art of healthy baking and dessert-making. In *Incredibly Decadent Desserts*, Deb shares 100 amazingly tasty recipes - from show-stopping cakes and mile-high cupcakes to rich cream pies and delicious cookies and bars - all for under 300 calories. You'll learn Deb's brilliant tips and tricks for creating lightened-up treats, from ingenious ingredient swaps to smart test kitchen techniques. Straightforward instructions paired with step-by-step photographs ensure sweet success for everyday home cooks. And with ingredient lists that favor whole grains over processed foods, these irresistible dishes prove that healthy desserts aren't just pie in the sky.

## Book Information

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## Customer Reviews

"A pure pleasure to browse and truly inspiring to plan menus with, *Incredibly Decadent Desserts* will prove to be an enduringly popular addition to any personal, family, or community library cookbook collection!"  
—Midwest Book Review

Deb Wise is a truly innovative baker who enjoys the challenge of creating delicious desserts. For the past six years, she's worked as a recipe tester and recipe developer in the Cooking Light test kitchen where she has produced many of the magazine's top-rated desserts. She earned her culinary degree from the Culinary Institute of America in Hyde Park, New York and polished her

pastry chops as a pastry cook at the Opryland Hotel in Nashville and Sailfish Point in Stuart, Florida. When she's not working in the Cooking Light test kitchen, she creates wedding cakes as well as specialty cakes and truffles for high-end caterers. She shares her baking tips regularly at [CookingLight.com](http://CookingLight.com).

The nutritional information is incomplete. It did not include the grams of sugar! I cannot use recipes that do not give that information, along with the grams of saturated fat, protein and calories per serving. The amount of a serving must also be included.

Like the cookbook. Haven't tried a recipe yet but they sounds good.

this book is delicious in appearance and in contents. Hard covered it features beautiful colored photographs of each recipe. the writing is good and the directions are easy to follow. Even the most healthy conscious, occasionally craves dessert. There is a good and interesting assortment here including a bacon and brew muffin that uses bacon and beer, hummingbird mini bundt cakes, raspberry spice buns, a goodly assortment of cookies, pies, puddings, frozen desserts and cookies. There are no exotic ingredients. Both the nutritional information and the amount of time needed, hands on and total needed, are provided. But lo-cal may not necessarily translate into healthy. I was a bit surprised by her vigorous defense of Cool Whip Lite as an ingredient. Yes it cuts calories and fat content and is addictively sweet and creamy. but it also contains high fructose corn syrup and hydrogenated vegetable oil along with artificial flavoring xanthan and guar gums, pollysorbate 60, sorbitan monsterate and sodium polyphoshates. It is not used in all the recipes but a number including some pies, cheesecakes and eclair filling. Not saying that it will kill you but I would rather a smaller serving with natural ingredients than a chemically induced dessert, no matter how delicious. That being said, this is an attractive book that delivers great flavor without breaking the calorie bank.

Great recipe book!

I debated whether or not to order the Deb Wise new book, Incredibly Decadent Desserts, because I've seen several of her recipes online and wasn't terribly impressed by her use of Cool Whip as an ingredient in one. Since her writing style and reasoning far outweighed that one little criticism, I requested the book and have been quite impressed with it for many reasons. The book looks good,

reminds me of a textbook with its sturdy cover and white pages with easy to read text. The paper is thick, photos are appealing, layout is done efficiently, but most importantly, it is a good resource for information and Ms. Wise explains her reasoning on recipe development. As a follower of ATK, I appreciate not only recipes, but coming to understand why they work. I may improvise while cooking, but I take my baking very seriously and this book indeed provides some blueprints for 300 calorie or less per serving desserts that are not difficult to prepare and serve.

Deb Wise has a lot of experience creating light-ish desserts. It's her day job, after all. In this book she offers a good selection of meal-ending sweets, from pies and cookies and cakes and fruit-based-but-not-pie things to muffins and puddings. Plenty of variety. Each recipe comes with a photo. Each comes with clear directions - not to be taken lightly. Each category comes with a few tips and techniques, some of which were new to me. But what of the recipes themselves? Of course I've tried only a few, and can't speak for all. The sweet-savory muffins were good, and the chocolate cookies ditto. The biscotti recipe worked. I'm not a pie or cooked-fruit person so can't judge there. But she doesn't just reduce the serving sizes. These are genuinely lightened desserts that get the most taste for the reduction in calories. One large caveat: she uses Cool-Whip in a lot of the mousse-type and pie-type recipes. If you can't countenance that, the number of recipes you can use here is reduced by quite a bit. If you're on the fence, check out her defense of the stuff.

I really enjoyed making recipes from this Cooking Light Collection. There is something for every type of craving and every diet type. These recipes aimed to reduce calories and fat, but while keeping the flavor. Pros:- Kamut Apple Cake- uses Kamut flour, appealing those those who seek to use different grains-Coconut flour easily- found in most supermarkets and big box warehouse stores is used in a Coconut cake,=- Sometimes the enemy is a full size cake. The recipes have a smaller yield so you don't have too much dessert sitting around calling your name.-Several easy recipes in the book include things like Peach Crisp- Quick and satisfying-p.176's Ration Cake gives you valuable side notes on how to make moist cakes with a simple mixing technique-beautiful pictures of all the recipes- Recipes include cups and ounces for flour - making it easy for those who use a scale and those who don't.-Book includes a fair number of frozen desserts and puddings So far my favorites recipes are Raspberry and Almond Linzer Muffins because it uses almond paste. Almond paste adds such a beautiful flavor to a cake. I also loved making the Maple Cupcakes. Deliciously moist and satisfying. Cons:-The only con I noticed was in my copy a fair number of pages didn't have numbers, I found this annoying.-The book generally goes in the direction of healthier alternatives for

desserts. However a few recipes call for Cool Whip, such as TripleChocolate Cheesecake. The author uses the term "frozen reduced calorie whipped topping- such as Cool Whip) This allowsthe user to choose whatever whip topping they like. Currently many stores are carrying "So Delicious Dairy Free CocoWhip Coconut Whipped Topping- Regular and Lite Versions" in their freezer case. Lite versions are two tablespoons are 25 calories and the regular is 30 calories. Cool Whip Lite is 20 calories. There is one other brand out there as well similar to So Delicious. These are great options for a healthier version of a whipped topping if Cool Whip is a turn off due to his heavily laden chemical composition.The book has something for everyone. Even if you don't want to use the lighter dairy options, you can substitute with a full fatversion without compromising the recipes. I really love this book and have several more recipes tagged to make.

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