



The Healthy Oven Baking Book: Delicious reduced-fat deserts with old-fashioned flavor

Sarah Phillips

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Here is an abundance of recipes for everyone's favorite baked goods, made with completely natural ingredients and a minimum of fat.

Fast, easy, healthful, and delicious--that's the winning combination Sarah Phillips delivers in **The Healthy Oven Baking Book**, featuring more than 125 recipes for reduced-fat muffins, coffee cakes, pancakes, scones, pies, layer cakes, cheesecakes, cookies, and many other old-fashioned favorites.

Fans of Sarah Phillips's Healthy Oven brand of all-natural, low-fat cake and muffin mixes, sold in supermarkets throughout the country, have been clamoring for recipes to bake from scratch at home--and that's exactly what she provides in **The Healthy Oven Baking Book**, along with specific instructions for new ways of measuring, mixing, and baking that will ensure perfect results every time.

It's not hard to take the fat out of baking, but doing it without using artificial substitutes, and creating reduced-fat baked goods that taste like Mother used to make, requires a lot of experimenting and testing. Sarah Phillips has done all the work--using applesauce and other low-fat baking secrets--so that home cooks everywhere can produce healthful baked desserts that will satisfy everyone from picky children to discerning adult gourmands.

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