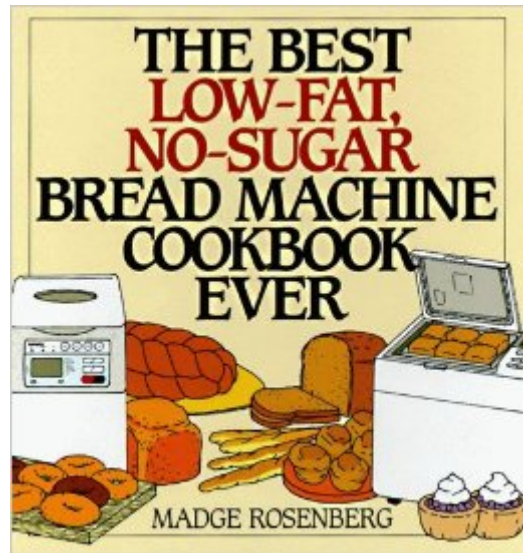


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# The Best Low-Fat, No-Sugar Bread Machine Cookbook Ever



## Synopsis

The Lean Machine Now you can enjoy all the bread you want without any worry about fat. Over 150 irresistible recipes in this volume transform your bread machine from an efficient home bakery into an invaluable aid to nutrition. Most of these aromatic loaves contain 5 percent or less of fat. on top of that, these fresh-baked doughs contain absolutely no sugar or artificial sweeteners. All that is added are natural fresh and dried fruits, vegetables, and grains for extra flavor and vitamins, minerals, and fiber. Recipes run the gamut from mildly sweet, subtly flavored "Breakfast Breads," like Cranberry Buns, Banana Buttermilk Bread, and Whole Wheat Raisin Bagels, to chewy, firm-slicing "Sandwich Breads," such as Seven-Grain Bread, Lentil Bread, and Italian Sourdough. Creative bakers will love the assortment of stuffed and shaped breads and dumplings and such appetizers as Fresh Tomato Pizza and Chinese Dried Mushroom Dumplings made easily with dough from the bread machine. For people on a low-sodium diet, or smart eaters who just want to cut down on the amount of sodium they ingest, there is an entire chapter on "No-Salt Breads," including many traditional favorites such as Salt-Free Pumpernickel and Salt-Free Onion Rye. You won't believe the no-sugar sweets-Tart Tatin, Chocolate Tea Bread, and Biscotti with Dried Cherries are just a sampling -- that make up the "Dessert Breads" chapter. These taste luxuriously rich but are low in fat. And so that there's no waste, ideas included in "Bread Again" offer tasty low-fat, no-sugar ways to use leftover loaves.

## Book Information

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## Customer Reviews

Having recently relocated to San Antonio and finding a lack of bakeries, I purchased a Cuisinart convection breadmaker. Although the Cuisinart CBK-200 comes with a decent set of recipes, many are laden with fat (with 30% or more of calories coming from added oil, butter, nuts, etc.) and sugars. I try to eliminate oils, fats, sugar and salt from my diet, so I was looking for a healthier alternative to home breadmaking. Enter *The Best Low-Fat, No-Sugar Bread Machine Cookbook*. Added fats have been replaced by lean, fruit- and veggie-based alternatives such as unsweetened apple butter, applesauce, minced prunes, and mashed sweet and white potatoes. Sugars such as molasses and honey are replaced by dried fruits (raisins, currants, cherries). Sun-dried tomatoes, zucchini, corn, carrots, kale, and onions are among the many veggies that make a guest appearance. Although I was doubtful that these healthy, lean (less than 5% calories from fat) breads would be tasty, I have tried three loaves thus far and all were sensational. My first loaf was the Butternut Squash and Balsamic Vinegar loaf (page 51). I substituted canned pumpkin for the squash and dried cherries for the raisins, and the loaf was pleasantly sweet, with an orange color but not an overwhelmingly pumpkin-y taste. My second loaf was a breakfast bread (Oat and Raisin Bread, page 35). Although I only made a one-pound loaf, the bread was so light and airy that it was nearly as big as a large loaf. Both the Butternut Squash and Oat and Raisin bread are delicious toasted in the morning. My third loaf was made to accompany soups: lentil bread, with a hearty helping of cooked lentils and Mediterranean flavors courtesy of sage and sea salt.

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