



# Sweet & Skinny: 100 Recipes for Enjoying Life's Sweeter Side Without Tipping the Scales

*Marisa Churchill*

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In *Sweet & Skinny*, professional pastry chef Marisa Churchill presents one hundred low-fat recipes (including more than twenty-five sugar-free variations) that show readers how to indulge in dessert while maintaining a healthy figure and lifestyle.

In her debut cookbook, Marisa will show you (as she has also done on *Top Chef* and *Food Network Challenge*) how to pick the best ingredients, create contrasting textures to entice the palate, boost flavor with fresh fruit, herbs, and spices, and substitute lower-fat/lower-calorie alternatives without skimping on flavor. From quick weeknight desserts that can be ready in fewer than thirty minutes to elegant desserts for dinner parties and holidays, *Sweet & Skinny* gives readers all the skills and recipes they need to satisfy their cravings.

Hosting a dinner party? Wow your guests with Individual S'More Tarts, Goat Cheesecake with Figs, or perhaps a Rosemary Angel Food Cake with Lemon Glaze. Charged with a holiday dessert? How about Pear and Chocolate Upside-Down Cake, Orange-Chile Chocolate Bark, or Baked Apples with Maple-Gingersnap Stuffing? Faced with a sudden craving? Rest assured—No-Bake Cheesecake Cups with Concord Grapes, Molten Chocolate Soufflé Cake, and Mocha Affogato Milkshakes can be whipped up in minutes.

Illustrated with vibrant finished and in-process food photographs throughout, *Sweet & Skinny* will help you make desserts that everyone will love, for any occasion.

For those who are trying to lose weight, have dietary restrictions, or are simply looking to cut or decrease sugar, *Sweet & Skinny* offers a path to eating healthier and baking simpler by lowering fat and cooking smart, with everything in moderation.

*From the Trade Paperback edition.*

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