



## Costumes healthy home baking (famous Korean popular baking guru Zhao Meilian designed for Chinese readers(Chinese Edition)

By BEN SHE

paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment.Paperback. Pub Date: Unknown in Publisher: Henan Science and Technology Press Information Original Price: 46.00 yuan Author: Publisher: Henan Science and Technology Press ISBN: 9787534959325 Yema: Revision: Binding: Folio: Published :2012-10-1 Printing Time: Words: product identification: 22889670 Introduction 12000 visitors! weight WEIBO main baking of healthy recipes! tofu. ginseng. ginger. spinach. pumpkin. sweet potato . Let your mouth water. put it down health baking in this! Rice flour. so you no longer have indigestion! Butter. light taste. low in calories! Reduce sugar. fruits and vegetables increased. sweet and delicious! Full of nuts. nutritious! The Author Profile Zhao Meilian people increasingly focusing on a healthy diet. baking recipes baking Daren Zhao Meilian exploded in popularity. Because her recipes without flour. butter. and realize the concept of healthy baking. Get rid of the flour. butter. baking feasibility. Material is good for your health? She entertain the idea began to try using rice flour instead of wheat flour. white sugar instead of brown sugar. honey. oligosaccharides. However. baking without butter is not easy. On one occasion. she made cookies too hard. no...



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