



# Have Your Cake: no butter, no white flour, no added sugar (Volume 1)

*Emily Rose Brott*

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Now you can have your cake and eat it too with these delicious recipes made with no butter, no white flour and no added sugar that still taste and look like traditional baked alternatives. There are 60 recipes ranging from biscuits, cakes, muffins, tarts and friands. They are full of healthy, less processed ingredients and are high in fibre, low in sugars and low in saturated fat. The recipes are easy and simple to make. Most recipes take only 10 minutes to prepare. There's no sifting of flour or difficult methods; most can be made with just a bowl and a whisk. Have Your Cake is about putting healthy ingredients into our bodies, feeling good about what we are eating and still being able to enjoy delicious foods, even sweets.

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