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HEART-HEALTHY SWEETS AND DESSERTS



Marshall Cavendish International (Asia) Pte Ltd. Paperback. Book Condition: new. BRAND NEW, Heart-healthy Sweets and Desserts, Jehanne Ali, Who says you can't enjoy mouth-watering desserts without feeling guilty? Mango Sorbet, Honey Vanilla Yoghurt and Dark Chocolate Brownies are among this brimming collection of indulgent treats. These creations are from Dr Jehanne Ali, a medical doctor who loves pampering her family with scrumptious desserts. With easy recipes and dietary advice, she shows how you can enjoy your food and maintain your...

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- Authored by Jehanne Ali
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