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Tutti i segreti degli esperti per preparare dolci leggerissimi, golosi e con poche calorie grazie a semplici accorgimenti e all'uso degli ingredienti più adatti. Quali farine scegliere, le alternative migliori allo zucchero e ai grassi, i lieviti che non gonfiano la pancia e le preparazioni dietetiche che non ti fanno rinunciare al piacere di un buon dessert. Più di 100 ricette di preparazioni base della pasticceria e di dolci originali e di tendenza: paste frolle, meringhe e creme pasticciere. Inoltre, deliziosi muffin e pancake, biscottini alle spezie e dolcetti per la prima colazione e la merenda. Un'intera sezione poi è dedicata ai dolci al cioccolato che non fanno ingrassare.

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