

Lifetime Learning Presents

100% Pleasure – Low Fat Meals

From appetizers to desserts, these recipes are low in fat and high in flavor, designed for people who love to eat. Their ingredients can be found in almost any quality grocery store. You will see the term de-fatted mentioned in several recipes. It simply means that during the cooking of the broth it was skimmed to remove the fat floating on top of the broth. Or it could have been chilled so the fat coagulated and then was removed. When shopping for broth, look for any that state de-fatted, and of course, choose the low salt variety whenever possible.

In addition to the recipes, I have included ***The Fat Aptitude Test***. It is a fun-to-take test to check whether you're already fat savvy, or if you need a little help getting up to speed. We will discuss the answers during the class presentation. After the class the answers will be posted on line for those who are unable to attend the class in person.

So enjoy the class and by all means do try the recipes.

Chef Cal Kraft