
Cream Pies 101 Delicious Nutritious

baking 101 - university of the pacific - 6 butter (one tablespoon) = one tablespoon polyunsaturated margarine or 3/4 tablespoon polyunsaturated oil like safflower oil butter = canola, mild olive oil, prune purée or applesauce chocolate (1 ounce) = 3 tablespoons cocoa cream, whole milk (in batters, muffins or biscuit dough) = skim or low-fat (1%) milk cream cheese (in cheesecake) = low-fat ricotta + yogurt; light cream cheese **our delicious meals are delivered to your home on tuesdays ...** - fresh cooked chilled dinners small \$10.30 medium \$12.90 roasts 44. roast chicken with vegetables gf 45. roast beef with vegetables gf 47ast lamb with vegetables

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