



# Olive Oil Baking: Heart-Healthy Recipes That Increase Good Cholesterol and Reduce Saturated Fats

*Lisa A Sheldon*

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## **Olive Oil Baking: Heart-Healthy Recipes That Increase Good Cholesterol and Reduce Saturated Fats**

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The focus of Olive Oil Baking"" is the whys and how-tos of substituting olive oil and other healthy oils and fats in favorite desserts and treats that typically use margarine and/or butter. These recipes also introduce other simple changes and options that make them healthier than traditional recipes and store-bought bakery goods. In every case, these changes preserve or improve on the familiar tastes, smells, and textures we have come to expect from a baker's kitchen.

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