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## 30 Healthy Ways to Use Quark Low-Fat Soft Cheese the Natural Alternative When Cooking Classic Meals: Step by Step Book Various Ways on How to Use and Prepare Quark

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By Anthea Peries

Createspace Independent Publishing Platform, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. If you want to enjoy healthy, guilt-free pleasures that are quick and easy to prepare without sacrificing on flavour, then using quark in your cooking can benefit you and your family. If you are following a low-fat, low-salt, or low-carbohydrate eating habits, then this book is for you. Quark can be eaten sweet or savoury. It is used in cheesecake, soups, sauces, dips, smoothies, salads, and sandwiches. Mixed with other ingredients, quark can be fried, boiled, or baked or used as a filling in pancakes or crepes, pies, and dumplings. You will see how versatile quark is in the variety of healthy ways shown in this book. Quark can also be frozen once it has been added to dishes. Quark is a low fat cream cheese which means that is an economical, multi-purpose, natural alternative to double cream or cream cheese. It has more protein yet fewer calories. Quark is really something to embrace and get excited about!.



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