



Fat-free, Low-fat Cookbook: 200 Recipes for Deliciously Healthy Eating, Shown in More Than 850 Step-by-step Photographs

By Anne Sheasby

Anness Publishing. Paperback. Book Condition: new. BRAND NEW, Fat-free, Low-fat Cookbook: 200 Recipes for Deliciously Healthy Eating, Shown in More Than 850 Step-by-step Photographs, Anne Sheasby, This collection proves that reducing the fat in your food can be easy to cook, good to look at, and tasty to eat, and that cooking with little or no fat doesn't mean you have to change your eating habits. All the recipes are low in fat; none has more than 5 grams per portion and many have less than 1 gram, and each has a nutritional breakdown.



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