



Low Fat for Life Cookbook

Sue Kreitzman

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Low Fat for Life Cookbook Sue Kreitzman

Author Sue Kreitzman teaches readers how to turn a kitchen into a low-fat zone. From shopping to cooking, here are more than 100 internationally inspired recipes, including low-fat treats for parties, buffets, and delicious lunches. Amazing compare-and-contrast fat counts add pleasure to already delectable meals. The book contains comprehensive nutritional information and includes low-fat versions of old favorites. Full color throughout.

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