



Healthy Recipe Makeovers (Original Series)

Jean Paré

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Burgers, pizza, nachos and cheesecake, mmm, sounds delicious - but wait a minute - these fattening favourites have way too much of what's bad for you and way too little of what's good for you! Well, it doesn't have to be. "Healthy Recipe Makeovers" cuts the bad guys from your favourite dishes without sacrificing flavour, so now you can indulge guilt free. These recipes are so good, your family will never know they're eating health food. Shh, we won't tell if you don't.

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