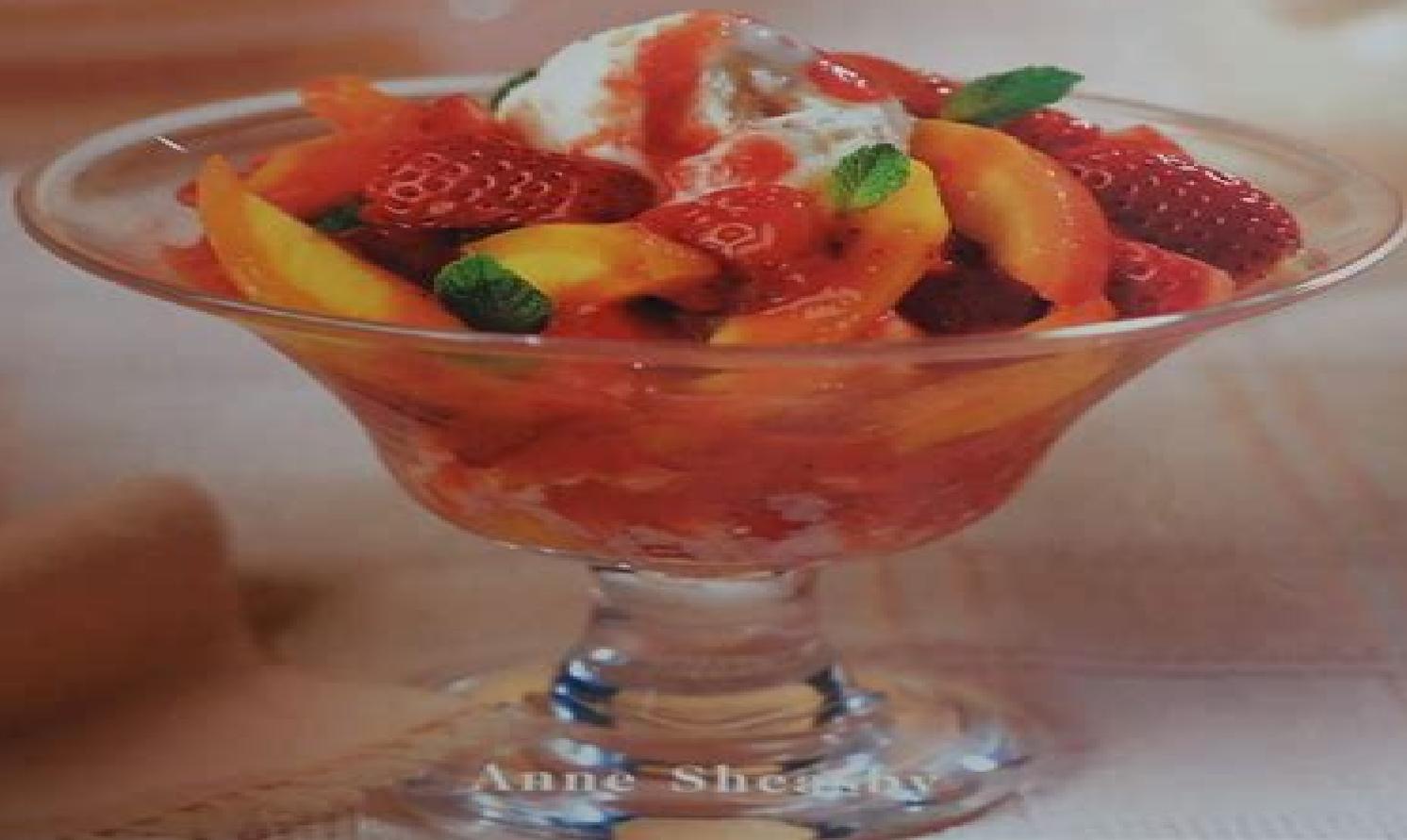


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Every recipe contains less than five grams of fat per serving and includes at a glance nutritional notes

Secrets of Fat-free Kosher Deborah Bernstein, 1995-01-01 *Secrets of Fat Free Kosher Cooking* begins with a brief introduction to the laws of kosher cooking and then guides you through some nutrition basics. It then shows how the use of low fat ingredients coupled with appropriate cooking methods can turn once high fat foods into delicious low fat alternatives. This exciting collection includes such kosher classics as plump pierogon and knishes, crisp potato latkes and old fashioned chicken soup complete with fluffy matzoh balls. Choose from a wide variety of hearty chulents and kugels as well as dessert classics like prune filled hamantaschen, creamy cheese blintzes and sweet honey cake. There is even an amazing recipe for low fat challah, the traditional bread of the Sabbath and holidays.

400 Best-ever Recipes Anne Sheasby, 2009

The Best Ever Low Fat Recipes Parragon, 2004

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Diabetic Dream Desserts Sandra Woodruff, 2004-09-09 You can still have your cake and eat it too with this new edition of a bestselling dessert book for diabetics. For most diabetics the hardest part of adjusting to a new way of eating is probably not being able to indulge in the desserts they once enjoyed. Now diabetics need worry no more. Bestselling author Sandra Woodruff has completely revised and updated her popular *Diabetic Dream Desserts* including new and improved recipes for cakes, cookies, brownies, pies, strudels, frozen desserts and other sweet treats that taste better than ever.

I'm Listening Pam Mycoskie, 2009-11-29 In *I'm Listening* Pam Mycoskie teaches readers her tricks and ideas to make low fat eating fun, easy and tasty. She covers exercise, food and nutrition and includes a range of different recipes.

1,001 Best Low-Fat Recipes Linda R. Yoakam, 2015-03-10 A massive collection of quick, easy, low fat recipes covering everything from appetizers and salads to entrees and desserts. A redesigned and reformatted version of a perennial favorite, this second edition of *1,001 Best Low Fat Recipes* is the most complete collection of healthy recipes for busy families. The quick, easy to prepare recipes are written in a concise format and use readily available ingredients with a focus on fresh seasonal foods. They require no special cooking skills or equipment and represent an eclectic range of styles and culinary traditions. The award winning *1,001* cookbook series has earned its reputation for excellence by carefully curating and testing the recipes as well as by featuring complete nutritional data such as calories, fat, cholesterol, carbohydrates and diabetic exchanges. This latest offering in the best selling series has been completely refreshed and updated for maximum value and ease of use in the 21st century. In one convenient, all encompassing volume, *1,001 Best Low Fat Recipes* presents the healthiest, simplest and most delicious range of family meals. These recipes are designed to help provide a complete meal as quickly as possible; many are designated as forty five minute recipes from start to tabletop. From appetizers to entrees to salads and desserts, these recipes are easy to make, fun to try and deliciously low in fat.

Busy Woman's Cookbook Prevention Health Books for Women, 2000-04-01 Will show you how to make meals that are easy, delicious and healthy regardless of how much time you have.

Cooking Light Best Ever Slim Down Recipes

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New Cook Book Jennifer Darling,2004-03 Includes two bonus chapters of recipes menus party and decorating ideas and shortcut treats Bonus Chapter No 1 Holiday Menus Menus for Thanksgiving to Christmas and the Super Bowl including holiday brunches appetizer parties dessert parties and simple dinners for busy families Additional recipes new to this edition Make ahead information and time tables for all menus so more time is spent with guests not in the kitchen Fun and simple tabletop decorating ideas to dress up holiday tables Tips to make holidays easier and more fun Bonus Chapter No 2 Shortcut Treats Simple cookies and candies using a mix or just a few ingredients stirred together Food gifts that include easy packaging ideas How to organize a cookie exchange Simple decorating ideas to dress up packaged cookies

Weightwatchers New Complete Cookbook Weight Watchers International,2014 A comprehensive edition featuring over five hundred recipes adheres to the Weight Watchers points guidelines and includes recipes for such dishes as chicken pot pie spaghetti and meatballs and strawberry shortcake

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