



So Fat, Low Fat, No Fat

Betty Rohde

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Betty Rohde loved to eat -- and it showed. When her doctor told her she was "a walking time bomb," she knew she'd better change how she ate, but she didn't want to change *what* she ate, or deprive her family and guests of their favorite foods. Using calorie-reducing cooking techniques and low- and no-fat ingredients, she was able to enjoy hearty, flavorful meals that were low in fat and calories but not in satisfaction. Refreshingly simple and realistic, *So Fat, Low Fat, No Fat* collects more than 200 of her delicious recipes for low-fat home-style fare, including:

- Homemade Biscuits
- Ham and Potatoes au Gratin
- Scalloped Potatoes
- Pizza Mexicana
- Cream Cheese Brownie Cake
- Creamy Chicken and Noodles
- Corn Pudding
- Hot Fudge Sundae Pudding Cake

Including advice on reading food labels, suggestions on resisting temptation while eating out, and innovative tips for transforming your favorite dishes into tasty low-fat fare, *So Fat, Low Fat, No Fat* makes healthful cooking easy and fun.



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Ronda Tollison:

As people who live in the modest era should be up-date about what going on or facts even knowledge to make all of them keep up with the era that is always change and move forward. Some of you maybe will certainly update themselves by studying books. It is a good choice in your case but the problems coming to an individual is you don't know what type you should start with. This So Fat, Low Fat, No Fat is our recommendation so you keep up with the world. Why, since this book serves what you want and wish in this era.

Margaret Watt:

The reason? Because this So Fat, Low Fat, No Fat is an unordinary book that the inside of the guide waiting for you to snap it but latter it will zap you with the secret the idea inside. Reading this book next to it was fantastic author who write the book in such incredible way makes the content within easier to understand, entertaining way but still convey the meaning entirely. So , it is good for you because of not hesitating having this any longer or you going to regret it. This phenomenal book will give you a lot of rewards than the other book possess such as help improving your skill and your critical thinking technique. So , still want to delay having that book? If I have been you I will go to the publication store hurriedly.

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