



Low Fat Gourmet: Sensational Recipes That Will Delight Your Tastebuds Without Affecting Your Waistline

By Valerie Ferguson

Anness Publishing. Hardback. Book Condition: new. BRAND NEW, Low Fat Gourmet: Sensational Recipes That Will Delight Your Tastebuds Without Affecting Your Waistline, Valerie Ferguson, Eating a healthy, low fat diet has never been easier for people who appreciate good food. This book explains how to plan a low-fat diet and introduces the wide range of fat substitutes now available, so that you do not have to go without rich or creamy dishes. There are sophisticated soups and starters (less than 6g fat per portion), delicious fish and seafood, chicken, meat and vegetarian mains (less than 16g fat per portion), and irresistible desserts (less than 8g fat per portion). The recipes make full use of herbs and spices to produce dishes full of pleasure. You will be surprised how good low fat food can taste!



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Reviews

A top quality publication along with the font used was intriguing to read. I really could comprehend everything using this written e book. Its been designed in an remarkably straightforward way and it is only after i finished reading through this publication by which basically altered me, modify the way i believe.

-- **Cathrine Larkin Sr.**

Very useful to all of group of people. I actually have read through and so i am certain that i will planning to study yet again once again down the road. I am just very easily can get a satisfaction of looking at a created book.

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