

Good Food: More Low-fat Feasts: Triple-tested Recipes



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Reviews

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(Ms. Isobel Rosenbaum I)*

GOOD FOOD: MORE LOW-FAT FEASTS: TRIPLE-TESTED RECIPES



Ebury Publishing. Paperback. Book Condition: new. BRAND NEW, Good Food: More Low-fat Feasts: Triple-tested Recipes, Sharon Brown, We all know how hard it can be to cook healthy food day in, day out - even when you have the best intentions. That's why the team at Good Food is back with another collection of tried-and-tested low-fat recipes that you can turn to again and again. With ideas for light bites, quick midweek meals and even wholesome recipes for entertaining and feeding the family, you can be sure of enjoying delicious dishes that will suit your lifestyle and help to keep you healthy. Each healthy recipe is created and triple-tested by the experts at the UK's best-selling cookery magazine, and is accompanied by a full nutritional breakdown and appetising colour photograph.



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