



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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James McDonald:

A lot of people always spent all their free time to vacation as well as go to the outside with them household or their friend. Do you realize? Many a lot of people spent these people free time just watching TV, or even playing video games all day long. If you want to try to find a new activity this is look different you can read any book. It is really fun for you. If you enjoy the book that you read you can spent all day every day to reading a publication. The book So Fat, Low Fat, No Fat it is extremely good to read. There are a lot of folks that recommended this book. They were enjoying reading this book. When you did not have enough space to deliver this book you can buy the actual e-book. You can m0ore very easily to read this book from a smart phone. The price is not very costly but this book features high quality.

Beatrice Blakely:

Precisely why? Because this So Fat, Low Fat, No Fat is an unordinary book that the inside of the e-book waiting for you to snap this but latter it will surprise you with the secret the item inside. Reading this book next to it was fantastic author who write the book in such incredible way makes the content on the inside easier to understand, entertaining method but still convey the meaning fully. So , it is good for you because of not hesitating having this any longer or you going to regret it. This amazing book will give you a lot of gains than the other book include such as help improving your ability and your critical thinking means. So , still want to delay having that book? If I were being you I will go to the reserve store hurriedly.

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