



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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Betty Williams:

The e-book untitled So Fat, Low Fat, No Fat is the guide that recommended to you to see. You can see the quality of the guide content that will be shown to you. The language that author use to explained their ideas are easily to understand. The writer was did a lot of exploration when write the book, to ensure the information that they share to you is absolutely accurate. You also will get the e-book of So Fat, Low Fat, No Fat from the publisher to make you more enjoy free time.

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Ronald Griffin:

In this time globalization it is important to someone to get information. The information will make anyone to understand the condition of the world. The condition of the world makes the information much easier to share. You can find a lot of sources to get information example: internet, classifieds, book, and soon. You will see that now, a lot of publisher that print many kinds of book. The actual book that recommended to you personally is So Fat, Low Fat, No Fat this e-book consist a lot of the information with the condition of this world now. This particular book was represented so why is the world has grown up. The language styles that writer use for explain it is easy to understand. The actual writer made some analysis when he makes this book. This is why this book suited all of you.

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