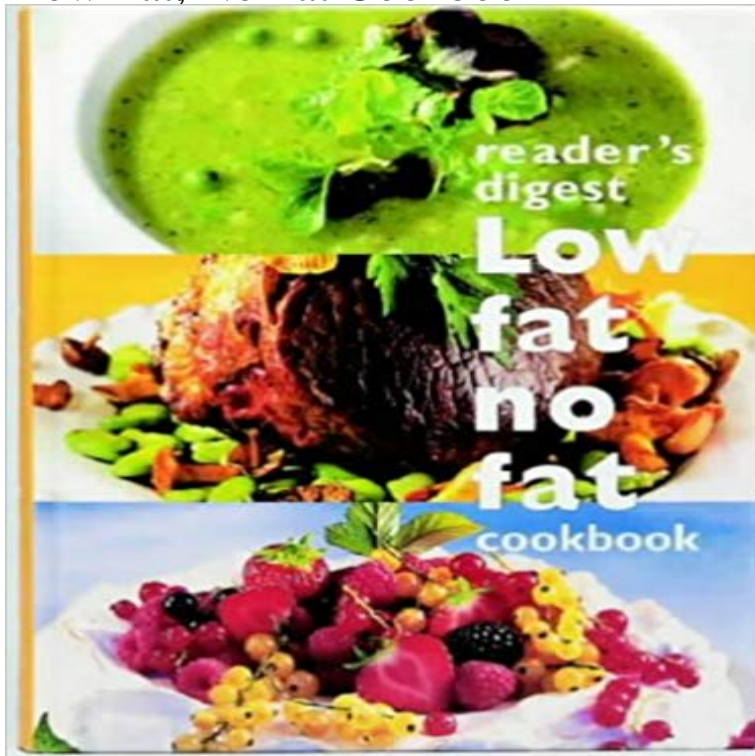


Low Fat, No Fat Cookbook



This title includes recipes designed to lower the fat intake of every member of the family. This title separates the fact from myth regarding fat, introduces low-fat cooking techniques and cutting the fat from any diet. Each recipe is accompanied by a full-colour photograph of the prepared dish, while each meal's nutritional value and content is listed below the instructions. Using readily available ingredients and easy-to-follow text, this title features recipes from baked mixed mushrooms with ciabatta to fluffy banana rice puddings.

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