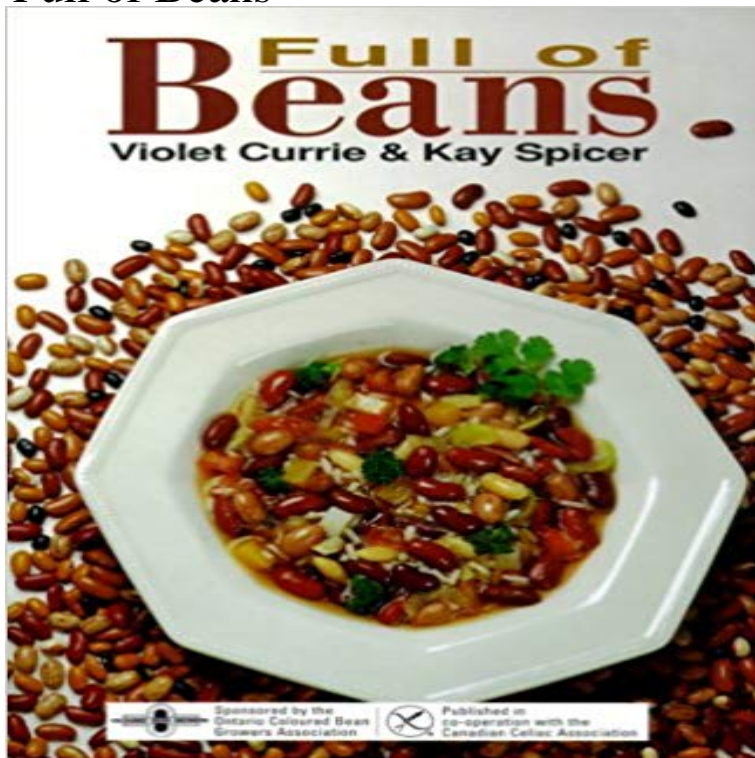


Full of Beans



Over 200 recipes for easy to prepare, lowfat, highfibre, hearthealthy dishes, from appetizers to desserts. Dr. Currie is a registered dietician. Kay Spicer is a food writer and the host of a television program on cooking.

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