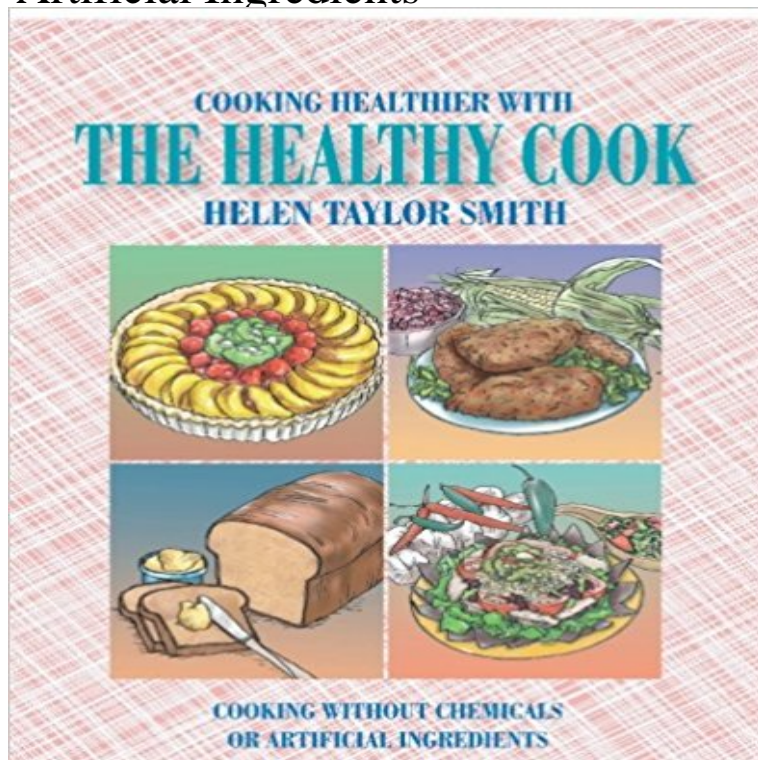


Cooking Healthier with the Healthy Cook: Cooking without Chemicals or Artificial Ingredients



Cooking Healthier With The Healthy Cook isn't about longevity; it's about eating healthy for everyday life. It is about using products that are clean without chemicals or artificial ingredients. Recipes in this cookbook were created to use the least amount of fat, sweet, salt and cholesterol, but provide great taste with the least amount of calories.

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