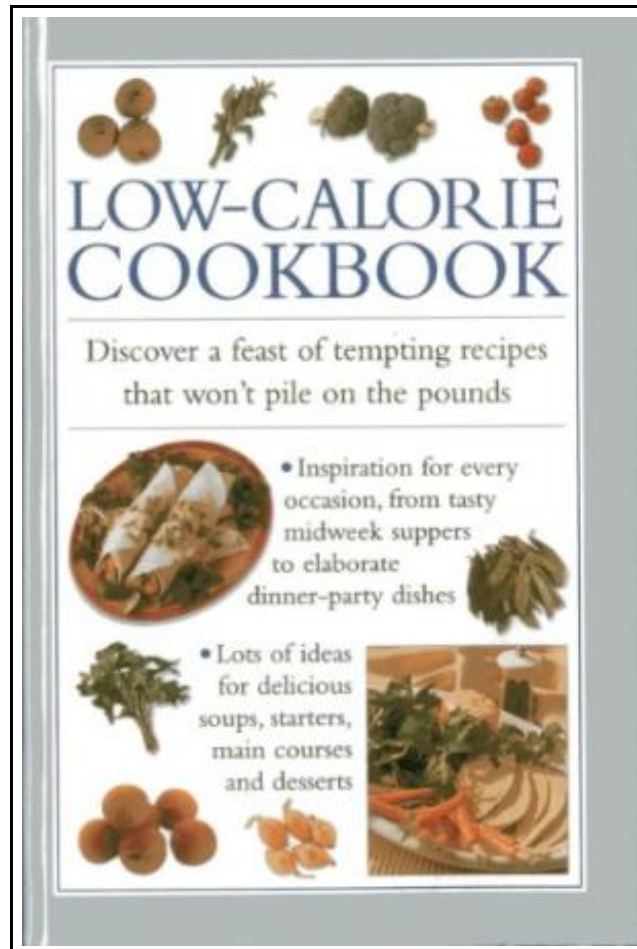


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LOW-CALORIE COOKBOOK: DISCOVER A FEAST OF TEMPTING RECIPES THAT WON'T PILE ON THE POUNDS

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Anness Publishing. Hardback. Book Condition: new. BRAND NEW, Low-calorie Cookbook: Discover a Feast of Tempting Recipes That Won't Pile on the Pounds, Valerie Ferguson, You can discover a feast of tempting recipes that won't pile on the pounds. Mouthwatering recipes from around the world that are low in calories but full of taste. Chapters include ideas for all courses, from soups and appetizers to main courses and desserts. It features dishes for every occasion from Chicken & Mushroom Terrine to Beef Strips with Orange & Ginger. Enjoy stunning fruit-filled sweet creations, from light Cinnamon & Apricot Souffle to satisfying Apple & Banana Crumble. It includes a helpful guide to planning a low-calorie diet as well as tips on using substitutes. Eating a low-calorie diet that is healthy, delicious and visually appealing has never been easier. This book offers a varied selection of recipes for soups, appetizers, fish, shellfish, poultry, meat and vegetarian dishes, plus desserts with modest calorie counts that will amaze you. Try Poached Salmon with Citrus Fruits, Skewered Lamb with Red Onion Salsa, or Strawberry Gateau. You will find it hard to believe that all of these are low-calorie dishes, but the soups and appetizers average around 170 calories, main courses 210-310 calories, and desserts 200 calories, so you can enjoy combining the recipes as part of your calorie-controlled diet.



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