



Cooking Light Cookbook 1996 (Cooking Light Annual Recipes)

Leisure Arts, Oxmoor House

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Cooking Light has helped millions of readers take a positive approach to a healthier lifestyle, offering recipes for tasty fare that is low in fat, calories, sodium, and sugar, and higher in dietary fiber and overall nutrient value. Included in this volume are recipes for everything from brunch fare to delightful desserts, plus up-to-date information on food, nutrition, and fitness. 100+ color photos.

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