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200 Low Fat Dishes

By Cara Hobday

Octopus Publishing Group. Paperback. Book Condition: new. BRAND NEW, 200 Low Fat Dishes, Cara Hobday, Everyone likes to eat healthily and eat well, but sometimes it's difficult to combine the two without your diet becoming repetitive. However, help is at hand in the form of Hamlyn All Colour Cookbook: 200 Low Fat Recipes, a cookbook crammed with low-fat recipes. Choose from 200 simple, healthy, tasty meals including Thai-style Haddock Parcels with Coconut Rice, Chargrilled Lamb with Hummus & Tortillas, Monkfish Brochettes with Cannellini Beans & Pesto and Spicy Goan Aubergine Curry. And once you've enjoyed your main course, treat yourself to a wide selection of low-fat desserts such as the Mango & Passion Fruit Trifle or Chocolate & Nectarine Souffle Cake. Every recipe is accompanied by a full-page colour photograph and clever variations and ideas so that you have over 200 meals to choose from, meaning you and your family can stay healthy and happy without going hungry!.



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