



## Low Fat Gourmet: Sensational Recipes That Will Delight Your Tastebuds Without Affecting Your Waistline

By Valerie Ferguson

Anness Publishing. Hardback. Book Condition: new. BRAND NEW, Low Fat Gourmet: Sensational Recipes That Will Delight Your Tastebuds Without Affecting Your Waistline, Valerie Ferguson, Eating a healthy, low fat diet has never been easier for people who appreciate good food. This book explains how to plan a low-fat diet and introduces the wide range of fat substitutes now available, so that you do not have to go without rich or creamy dishes. There are sophisticated soups and starters (less than 6g fat per portion), delicious fish and seafood, chicken, meat and vegetarian mains (less than 16g fat per portion), and irresistible desserts (less than 8g fat per portion). The recipes make full use of herbs and spices to produce dishes full of pleasure. You will be surprised how good low fat food can taste!.



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### Reviews

*This book is definitely worth buying. This really is for all who statte there had not been a worthy of studying. You will not sense monotony at at any moment of the time (that's what catalogs are for concerning should you check with me).*

-- **Mr. Martin Baumbach**

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-- **Neva Hammes MD**