



Fat Free 2: More Fat Free and Ultra Low Fat Recipes - No Butter, No Oil, No Margarine!

Doris Cross

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Just when you thought that you'd tried all the great ways to cook delicious fat free and ultra lowfat meals, Doris Cross is back with more fabulous ideas. ***Fat Free 2*** is packed with all new flavor-filled recipes. Now you're covered from breakfast to dinner—even late-night snacks and desserts! Each easy-to-prepare recipe includes a breakdown of fat and calorie content per serving. Now you can enjoy tasty dishes without guilt! The unbelievably lowfat recipes include:

- Chicken Gumbo
- Garlic-Cheese Homestyle Biscuits
- Shrimp Creole
- Chili Dogs in a Blanket
- Deviled Eggs
- Old-Fashioned Baked Beans
- Sausage and Rice Casserole
- Mexican Layered Dip
- Stuffed Potato Skins
- Cajun Seafood Salad
- Old-Fashioned Blackberry Cobbler
- And Much, Much, More!

Maintaining a healthy diet doesn't mean giving up great taste. With ***Fat Free 2***, the proof is in the pudding (Banana Cream Pudding, that is, see page 218)!

About the Author

Doris Cross has successfully maintained a 100-pound weight loss using the recipes in this book. The owner of a diet clinic, she conducts health seminars for hospitals and is a popular regional speaker. She is the bestselling author of *Fat Free and Ultra Lowfat Recipes* (Prima) and lives in Stillwater, Oklahoma.

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Have you spare time for just a day? What do you do when you have a lot more or little spare time? Yep, you can choose the suitable activity to get spend your time. Any person spent their particular spare time to take a walk, shopping, or went to the particular Mall. How about open as well as read a book allowed Fat Free 2: More Fat Free and Ultra Low Fat Recipes - No Butter, No Oil, No Margarine!? Maybe it is to get best activity for you. You know beside you can spend your time with your favorite's book, you can more intelligent than before. Do you agree with the opinion or you have other opinion?

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