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THE CLASSIC 1000 LOW-FAT RECIPES (PAPERBACK)



W Foulsham Co Ltd, United Kingdom, 2002. Paperback Condition: New. 2nd Revised edition Language: English. Brand New Book We have all been told to reduce our intake of animal fats fro a healthier lifestyle. Of course it makes sense, but doesn't it take all the fun out of life? No, it doesn't! Here we have designed a healthy and enjoyable eating plan that won't deprive you of your favourite foods. You can still have your chocolate...

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- Authored by Carolyn Humphries
- Released at 2002



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