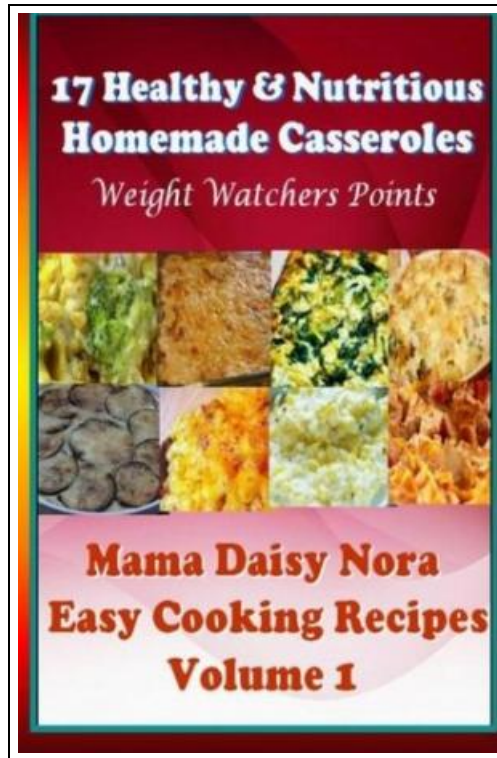


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17 HEALTHY NUTRITIOUS HOMEMADE CASSEROLES - WEIGHT WATCHERS POINTS



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On Demand Publishing, LLC-Create Space, 2014. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.My family loves casseroles. The down side is that most casseroles are pretty fattening and not Weight watchers friendly at all. So in the past few years, I have tried a few casserole recipes and have now come down to a few collection of casseroles that weight watchers would love to have. So, if you are tight with time and need to be able to whip up some healthy casserole dishes, use these homemade recipes. They are easy to make and they taste delicious. 17 Favorite Casseroles From the Kitchen of Mama Daisy: Broccoli Cheesy Chicken Casserole Beef in Cabbage Roll Casserole Baked Cheesy Cauliflower Casserole Ground Beef Stronagnoff Veggie Chicken Casserole Cheesy Eggplant Casserole Beef and Hashbrown Casserole Easy Corn Casserole Macoroni N Cheese Baked Layered Tortilla Pizza Sauce Casserole Mushroom Tuna Casserole Nacho Casserole Quick Potato Casserole Reuben Casserole Spinach Cheese Casserole Quick Vegetable Casserole Enjoy! Enjoy!



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