



## Low Fat Low Cal: Nice Recipes Don't Need to be Naughty

By Good Housekeeping Institute

Pavilion Books. Paperback. Book Condition: new. BRAND NEW, Low Fat Low Cal: Nice Recipes Don't Need to be Naughty, Good Housekeeping Institute, Good Housekeeping recipes tick all the boxes - They look great They taste delicious They're easy to make Now, learn how to be a clever cook with this amazing new cookery series. Each Good Housekeeping low fat low cal recipe - triple-tested for perfect results - is guaranteed to stand the test of your occasion, be it a nutritious family meal or a healthy treat for friends. Packed with good old favourites, tasty new ideas, save money, time and effort tips, up-to-date nutritional breakdown including protein and fibre, and savvy advice throughout, it couldn't be easier to whip up a delicious, nutritious meal in your kitchen. Enjoy! Other titles in the Good Housekeeping series include Bake Me a Cake, Easy Peasy, Al Fresco Eats, Let's Do Brunch, Cheap Eats, Gluten-free & Easy, Salad Days, Posh Nosh, Party Food, Flash in the Pan, Roast It!, Great Veg and Slow Stoppers.



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