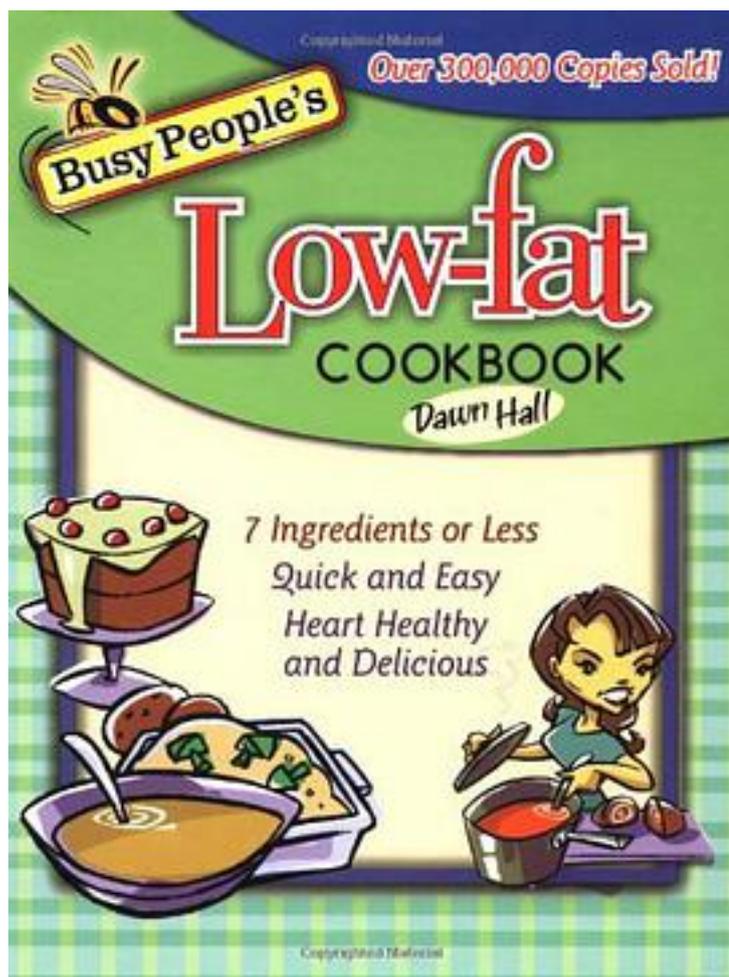


Busy People's Low-Fat Cookbook



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著者:Hall, Dawn

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Over 300,000 copies of "Busy People's Low-Fat Cookbook" have already been sold. What's a busy people's recipe? It's one that has seven ingredients or less and can be

cooked in 30 minutes or less. Most take only 15 to 20 minutes. Here's a cookbook with more than 240 fast and easy, homestyle, heart-healthy recipes. When her husband's cancer created a situation in which Dawn Hall realized she had to become the family breadwinner, Dawn, a self-described food addict, turned her passion - creating quick and easy recipes for delicious heart-healthy meals - into a solution that made her self-published cookbooks a nationwide sensation. With her charm, enthusiasm, and energy, Dawn has sold more than 650,000 copies of her cookbooks, won national awards, opened doors to speaking engagements, landed her press appearances and magazine covers. She created a wildly successful cookbook franchise with a fiercely loyal following. Each recipe in "Busy People's Low-Fat Cookbook" has nutritional information, preparation time, and cooking time as well as menu ideas. The book also contains instruction on how to maintain an ideal body weight and tips on saving time and money in the kitchen. It is bound in an easy-to-use hardcover concealed spiral binding.

作者介绍:

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