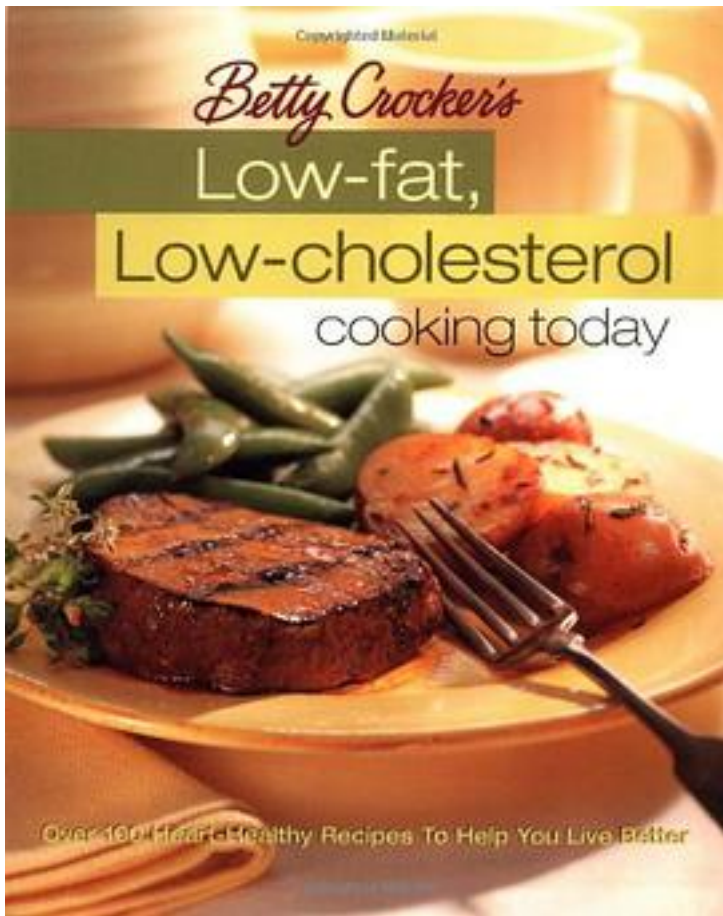


# Betty Crocker's Low-fat, Low-cholesterol Cooking Today



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Everyone's favorite cooking expert Betty Crocker has completely revised and updated the perennial favorite, Betty Crocker's® Low-Fat, Low-Cholesterol Cooking Today , with

updated information about fat and cholesterol, and lots of easy-to-understand tips for establishing a healthy eating lifestyle. But with Betty Crocker it can't only be easy--it has to be delicious. And true-to-form, 120 recipes prove that healthful eating can also be enjoyed by the whole family. With Betty Crocker, low-fat and low-cholesterol eating is a snap!

作者介绍:

目录:

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评论

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