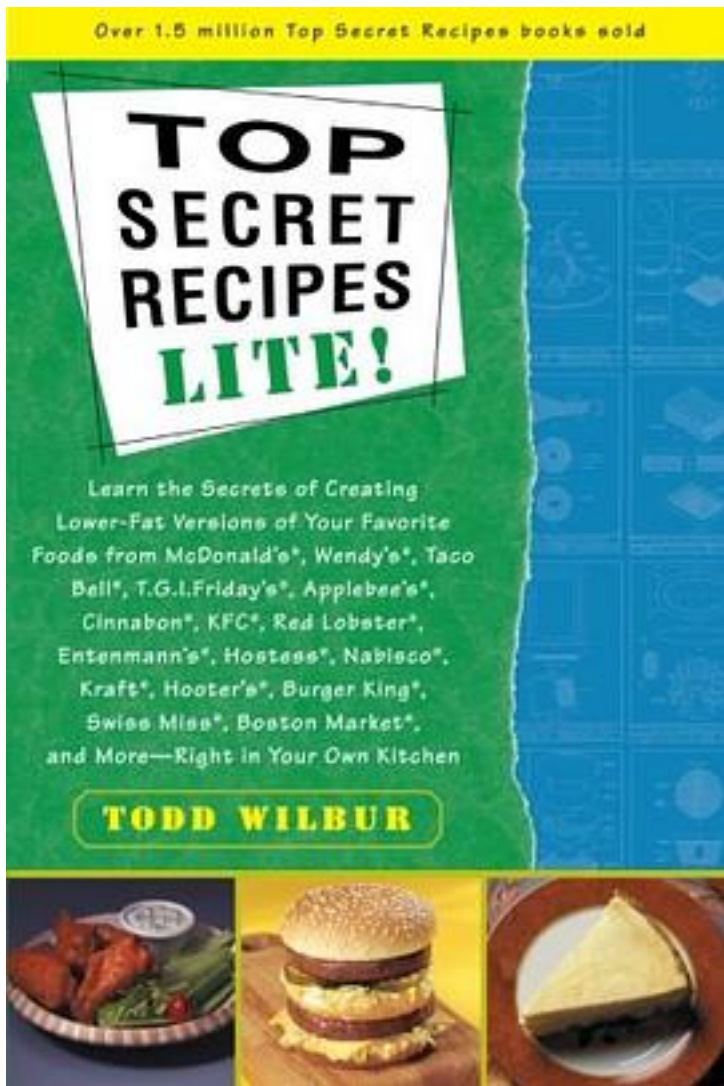


Top Secrets Recipes-Lite!



[Top Secrets Recipes-Lite! 下载链接1](#)

著者:Wilbur, Todd

出版者:Penguin USA

出版时间:1998-11

装帧:Pap

isbn:9780452280144

With the new health-consciousness sweeping America, many of us feel we can no longer indulge in the tasty but guilt-inducing foods we grew up with. Todd Wilbur, who made a name for himself by allowing us to clone treats such as Oreos and Outback Steakhouse Blooming Onions in our own kitchens, now gives us back our cherished foods with reduced fat and calories. Not only does Wilbur enable us to produce lite versions of Cinnabon Cinnamon Rolls and Twinkies, he shows us how to duplicate our favorite Snackwell and Healthy Choice products. Top Secret Recipes--Lite! includes recipes for 75 new dishes, complete with Wilbur's helpful diagrams, which call for ingredients easily found at the local supermarket. The newest addition to the Top Secret Recipe franchise is sure to make us not only happier, but healthier.

作者介绍:

目录:

[Top Secrets Recipes-Lite!_下载链接1](#)

标签

评论

[Top Secrets Recipes-Lite!_下载链接1](#)

书评

[Top Secrets Recipes-Lite!_下载链接1](#)