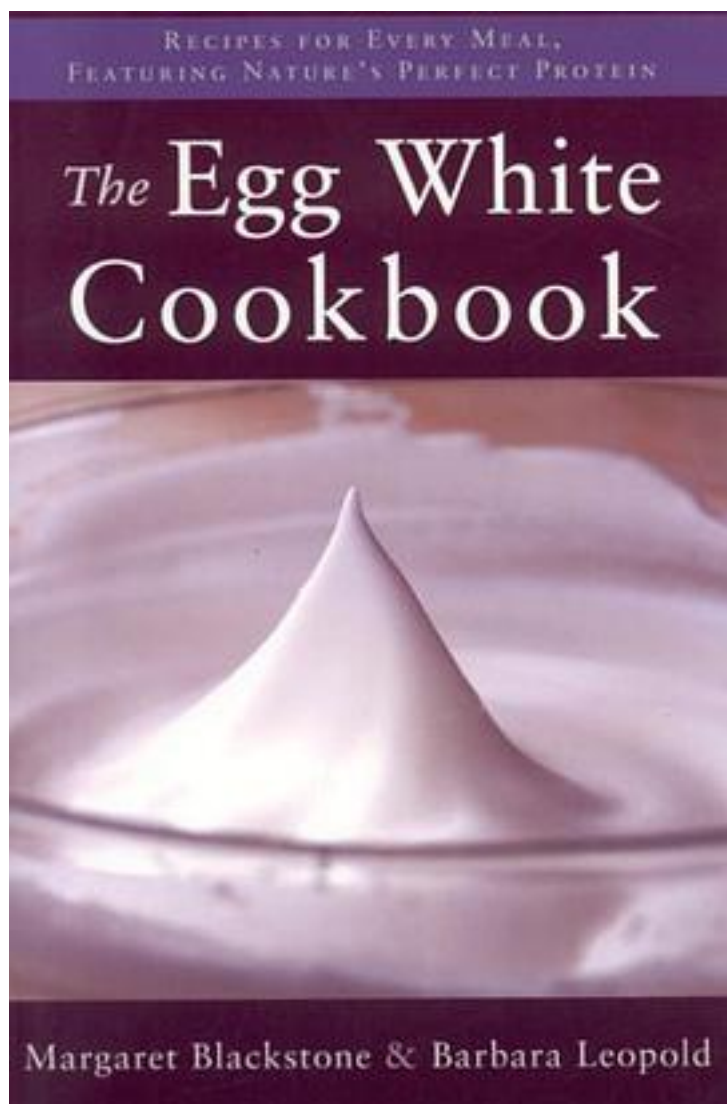


The Egg White Cookbook



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This unique and very readable cookbook is devoted to nature's most complete source of healthy protein, the egg white. Low in carbs, calories and fat, the egg white contains almost all of the protein available in the egg. What's more, the 75 recipes cover every meal (and snack) from breakfasts, including the Eggplant Benedict and Huevos Blancos Rancheros, to delectable desserts like The Impossible Coconut Lime Pie and Chocolate Chip Angel Food Cake. Also included are surprising uses, facts and lore about the incomparable egg.

作者介绍:

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