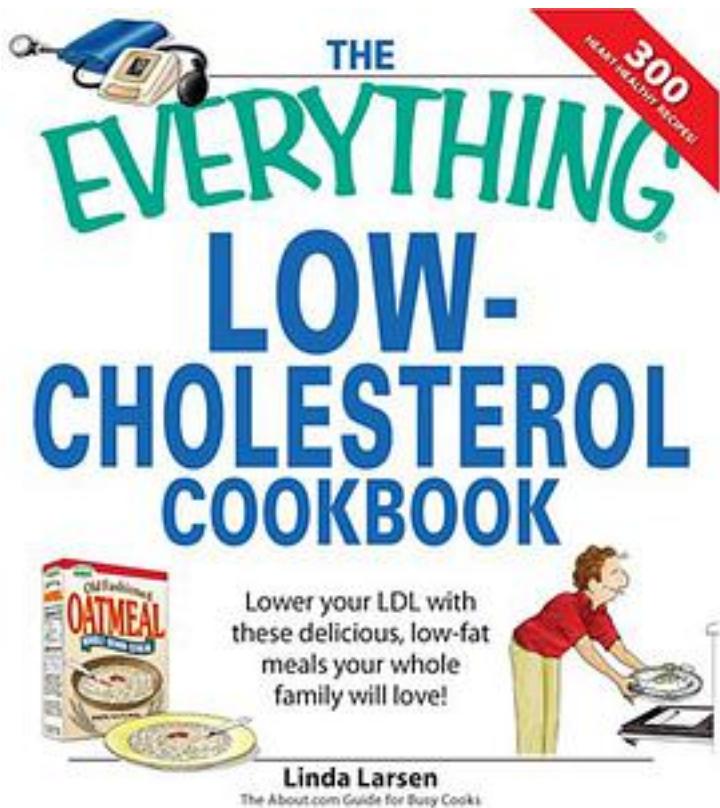


# The Everything Low-Cholesterol Cookbook



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著者:Larsen, Linda

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Good fats, bad fats, trans fats . . . eating right may sound complicated but it doesn't have to be. You can eat well and keep your cholesterol levels in check. In The Everything Low-Cholesterol Cookbook you'll find 300 mouth-watering recipes that are low fat and low sodium including: Chocolate Pancakes Cinnamon Hazelnut Scones Stuffed Jalapeño Peppers Creamy Grilled Cheese Sandwiches Chunky Irish Potato Leek Soup Texas BBQ Chicken Thighs Corned Beef Hash Mango Walnut Upside-Down

Cake Lite Creamy Cheesecake If you are one of the millions of people living with high cholesterol, this cookbook will give you healthy and scrumptious options that you-and your family-will love!

作者介绍:

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