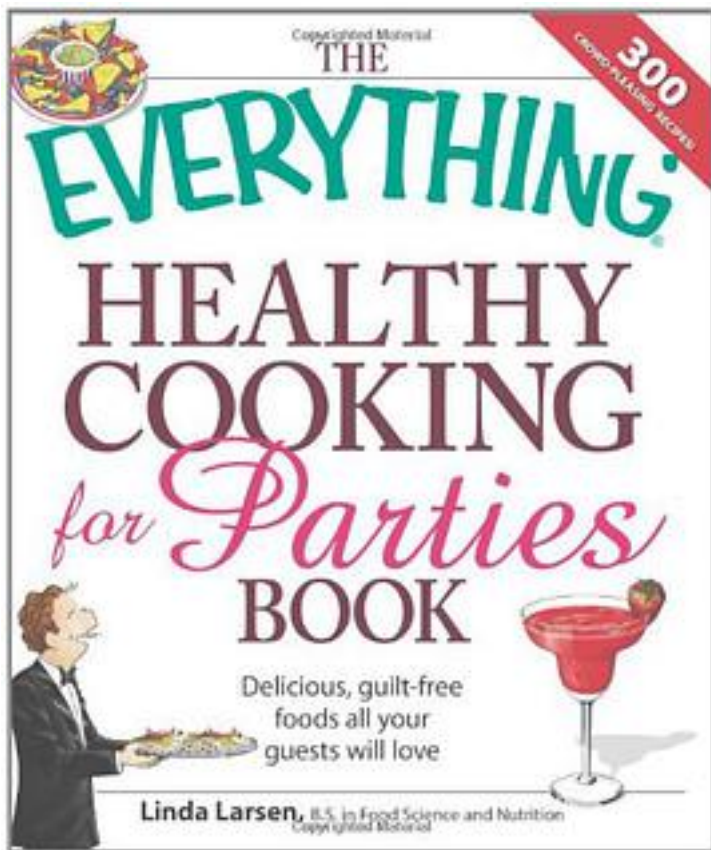


The Everything Healthy Cooking for Parties



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著者:Larsen, Linda

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With a third of Americans on a diet at any given time, planning party menus can be a challenge for any hostess. Veteran cookbook author Linda Larsen has the solution! She offers readers healthy cooking tips and delicious party-food recipes with their health in mind. Her recipes include lots of fruits and vegetables and low-fat ingredients like turkey bacon and tofu, so the foods are good for you and taste great! Readers will find

many festive recipes: Cantaloupe Punch; High-Fiber Cashew Pear Bread; Low-Fat Turkey Swiss Sandwiches; Lemon Meringue Crunch Trifle; and more! With this book, readers will discover that party food doesn't have to be bad for you. And that's reason enough to throw parties more often!

作者介绍:

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