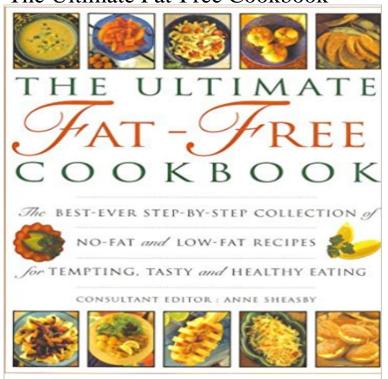
The Ultimate Fat-Free Cookbook



THE **BEST-EVER** STEP-BY-STEP COLLECTION OF NO-FAT AND LOW-FAT RECIPES FOR TEMPTING, DELICIOUS AND HEALTHY EATING. 200 RECIPES WITH EVERY DISH AMAZINGLY LOW IN FAT -NONE HAS MORE THAN 5 GRAMS PER SERVING AND MANY ARE UNDER 1 GRAM. THE ESSENTIAL GUIDE TO LOW-FAT AND NO-FAT COOKING -**INCLUDES HEALTHY EATING** GUIDELINES, FAT-FREE **COOKING** TECHNIQUES, EASY-TO-READ FAT CONTENT **CHARTS AND** INFORMATION ON HOW TO COOK WITH LOW-FAT **AND NO-FAT** PRODUCTS. TEMPTING, FLAVOUR-PACKED **SAVOURY** SECTIONS INCLUDE SUPERB SOUPS, STARTERS AND SNACKS: SAUCY PASTA DISHES; FABULOUS FISH SEAFOOD; AND MARVELLOUSLY **MEATY MAIN** COURSES; **AND** VEGETABLE **AND** VEGETARIAN DELIGHTS. **INCLUDES** SENSATIONAL AND DECEPTIVELY RICH-LOOKING DESSERTS: HOT CRUMBLES, **FRUITY** PANCAKES, SUPERB SOUFFLES, SORBETS AND SALADS AS WELL AS A BOUNTIFUL ARRAY OF BREADS, CAKES AND BISCUITS. **EVERY** RECIPE HAS AT-A-GLANCE **NUTRITIONAL** NOTES, SO YOU CAN SEE AT ONCE HOW LITTLE FAT EACH CONTAINS, **PLUS** HINTS AND **TIPS** THROUGHOUT.

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