



Healthy Cooking: 51 Recipes for Comfort Foods You Can Still Eat on a Diet!

By Linda Westwood, Olivia Rogers

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.From the Best Selling writers, Olivia Rogers Linda Westwood, comes Healthy Cooking: 51 Recipes For Comfort Foods You Can Still Eat On A Diet! This book includes 51 recipes that will change your diet food forever! Not only are the recipes amazing - but they are QUICK, EASY HEALTHY! Are you tired of the same old diet foods? If you feel like your family might be looking to eat something else? Or if you just enjoy cooking and want to try something new and still healthy. THIS BOOK IS FOR YOU! This book provides you with 51 recipes that will turn you into AN AMAZING cook in just days! It comes with the recipes, ingredients, and all the steps you need to know! Are you ready to introduce these healthy cooking recipes into your regular cooking? Then check out these 51 recipes, and start cooking like a master TODAY! Some of the healthy cooking recipes include: Recipe 1: Healthy Whole Wheat and Oats Pumpkin Pancakes Recipe 3: Coconut Chocolate Energy Truffle Recipe Recipe 4: Deep...



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