



Deliciously Low The Gourmet Guide to Low-Sodium, Low-Fat, Low-Cholesterol, Low-Sugar Cooking

Harriet Roth

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Delight your tastebuds while protecting your health-with this unique collection of spectacular 'alternative' recipes from a noted pioneer in low-risk, high-quality cooking. Formerly director of the Pritikin Longevity Center Cooking School, Roth brings expertise and imagination to more than 300 recipes, cost saving as well as delicious.

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