



The Low-Cholesterol Cookbook

Christine France

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The Low-Cholesterol Cookbook Christine France

Eating for a healthy heart means reducing saturated fat and cholesterol and the recipes in this book have been specially created to provide a wonderful range of recipes for everyday eating. You can use every recipe in confidence that, however delicious-sounding, it is always low in fat, and can safely be served to anyone on a low cholesterol diet.

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Susan Jun:

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