



Betty Crocker's Low-Fat, Low-Cholesterol Cooking Today (Betty Crocker Cooking)

Betty Crocker

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Betty Crocker's Low-Fat, Low-Cholesterol Cooking Today (Betty Crocker Cooking) Betty Crocker Everyone's favorite cooking expert Betty Crocker has completely revised and updated the perennial favorite, Betty Crocker's Low-Fat, Low-Cholesterol Cooking Today, with updated information about fat and cholesterol, and lots of easy-to-understand tips for establishing a healthy eating lifestyle. But with Betty Crocker it can't only be easy--it has to be delicious. And true-to-form, 120 recipes prove that healthful eating can also be enjoyed by the whole family.

With Betty Crocker, low-fat and low-cholesterol eating is a snap!

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