



The Best-Kept Secrets of Healthy Cooking: Your Culinary Resource to Hundreds of Delicious Kitchen-Tested Dishes

Sandra Woodruff

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In her nine previous cookbook bestsellers, Sandra Woodruff proved that fat-free cooking is as easy and delicious as it is nutritious. Now, in a book that's destined to become the kitchen bible for health-conscious cooks everywhere, she's collected all of her best fat-free and low-fat recipes in a single volume.

Each of these recipes is a winner - a table-tested favorite that will please even the pickiest eaters. From Creamy Mushroom Soup to Chocolate Cherry Tunnel Cake, this is the only cookbook people need for a lifetime of healthy eating.

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