

# **New Low-Fat Favorites**

Ruth Spear

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### New Low-Fat Favorites Ruth Spear

Featuring recipes from a variety of cuisines--Mexican, Moroccan, and Indian, to name a few--"New Low-Fat Favorites", written by the author of "Low Fat and Loving It", includes 200 recipes for dishes that achieve all the flavor readers are looking for--with no added fat calories.



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