



Mexican So Fat, Low Fat, No Fat

Betty Rohde

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THE BESTSELLING AUTHOR OF *SO FAT, LOW FAT, NO FAT* GOES SOUTH OF THE BORDER TO BRING YOU MORE THAN 160 EXCITING LOW-FAT RECIPES WITH A MEXICAN ACCENT.

Now you can enjoy the flavors of a fiesta every day with these healthful, taste-tempting dishes from America's favorite low-fat cook. Betty Rohde shares dozens of her recipes for Mexican dishes, from traditional favorites to contemporary variations. Spice up your diet with:



From hearty tortilla dishes and palate-tingling salsas to inspired accompaniments and light but luscious desserts, Betty brings the taste of Mexico to your table with all the vibrant flavor and none of the fat.

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Priscilla Garcia:

In this period of time globalization it is important to someone to acquire information. The information will make someone to understand the condition of the world. The health of the world makes the information easier to share. You can find a lot of personal references to get information example: internet, classifieds, book, and soon. You can observe that now, a lot of publisher that will print many kinds of book. The book that recommended to you is Mexican So Fat, Low Fat, No Fat this publication consist a lot of the information with the condition of this world now. This book was represented just how can the world has grown up. The vocabulary styles that writer require to explain it is easy to understand. The actual writer made some research when he makes this book. Honestly, that is why this book appropriate all of you.

Willie Isaac:

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