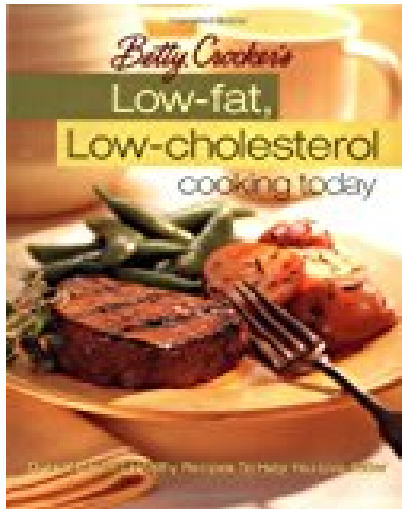


Betty Crocker's Low-Fat Low-Cholesterol Cooking Today Betty Crocker Cooking



BOOK DETAILS

- Author : Betty Crocker
- Pages : 256 Pages
- Publisher : Betty Crocker
- Language : English
- ISBN : 0028637623

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BOOK SYNOPSIS

Vegetarian cooking isn't just for vegetarians anymore! Today, more and more families incorporate vegetarian meals and products into their everyday cooking. This updated third edition works for everyone - carnivore, flexitarian or dedicated vegetarian - with easy, family-pleasing recipes. Updated third edition with information on how to fit vegetarianism into a busy lifestyle, how to feed vegetarian kids, and vegetarian myth busters Includes 180 meatless recipes for healthier eating with broad all-family appeal Complete nutritional analysis for every recipe Vegan recipes identified with an icon 60 beautiful full color photos throughout

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