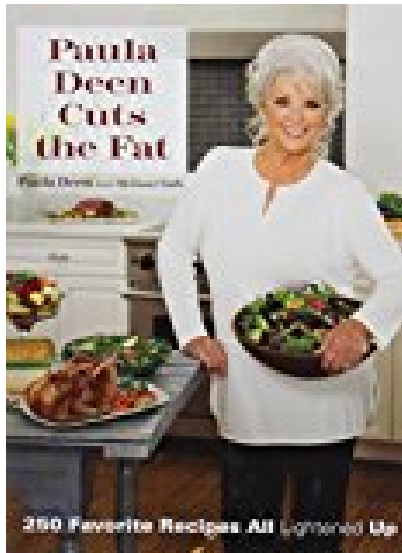


Paula Deen Cuts the Fat 250 Favorite Recipes All Lightened Up



BOOK DETAILS

- Author : Paula Deen
- Pages : 416 Pages
- Publisher : Paula Deen Ventures
- Language : English
- ISBN : 194301602X

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BOOK SYNOPSIS

Paula Deen has lost over 40 pounds and has maintained her weight loss for over two years by swapping out ingredients to reduce fat and calories. Paulas key to weight loss is moderation and accountability and one day a week she still enjoys good old southern cooking with biscuits and all. Only now she will have one biscuit instead of three. One does not have to give up taste when reducing calories and these recipes are a testament to that. Paula shares 250 of her favorite recipes lightened up. This brand new cookbook presents lightened up versions of fifty of her classic southern recipes and presents new recipes that cuts the calories but not the delicious taste. Including: - The Ladys New Cheesy Mac - New Savannah Gumbo - Flourless chocolate cake - Beaufort Shrimp Pie - Nutty Sweet Potato Balls - All-New Peach Cobbler

PAULA DEEN CUTS THE FAT 250 FAVORITE RECIPES ALL LIGHTENED UP -

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