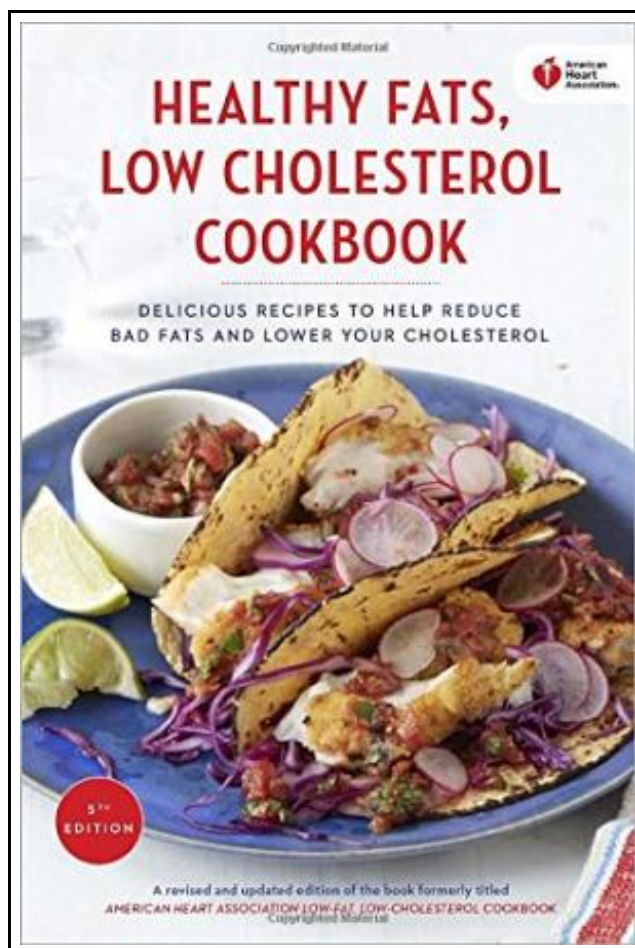


American Heart Association Healthy Fats, Low-Cholesterol Cookbook: Delicious Recipes to Help Reduce Bad Fats and Lower Your Cholesterol (Paperback)



Filesize: 2.19 MB

Reviews

This publication is wonderful. it was actually writtern very completely and beneficial. You may like the way the writer compose this publication.

(Prof. Aisha Mosciski PhD)

AMERICAN HEART ASSOCIATION HEALTHY FATS, LOW-CHOLESTEROL COOKBOOK: DELICIOUS RECIPES TO HELP REDUCE BAD FATS AND LOWER YOUR CHOLESTEROL (PAPERBACK)



HARMONY, United States, 2015. Paperback. Book Condition: New. 5th. 231 x 155 mm. Language: English . Brand New Book. The classic cookbook for achieving heart health and wellbeing through a diet that is low in cholesterol and saturated fat--updated and revised with 200 recipes (including 50 new to this edition) Lose the bad fats, but not the flavor. Now in its fifth edition, American Heart Association Healthy Fats, Low-Cholesterol Cookbook provides the most up-to-date information on heart health and nutrition. Good-for-you food should also be satisfying, and the American Heart Association reveals how easy it is to replace the bad fats in your diet with healthier ones. This classic cookbook offers more than 200 tempting dishes, 50 of which are new, including: . Fresh Basil and Kalamata Hummus . Triple-Pepper and White Bean Soup with Rotini . Taco Salad . Hearty Fish Chowder . Chicken Pot Pie with Mashed Potato Topping . Balsamic Braised Beef with Exotic Mushrooms . Grilled Pizza with Grilled Vegetables . Stovetop Scalloped Tomatoes . Puffed Pancake with Apple-Cranberry Sauce . Mango Brulee with Pine Nuts The perfect companion for today s healthy cook, this indispensable collection of recipes proves you can eat deliciously and nutritiously.



[Read American Heart Association Healthy Fats, Low-Cholesterol Cookbook: Delicious Recipes to Help Reduce Bad Fats and Lower Your Cholesterol \(Paperback\) Online](#)



[Download PDF American Heart Association Healthy Fats, Low-Cholesterol Cookbook: Delicious Recipes to Help Reduce Bad Fats and Lower Your Cholesterol \(Paperback\)](#)

See Also



Bully, the Bullied, and the Not-So Innocent Bystander: From Preschool to High School and Beyond: Breaking the Cycle of Violence and Creating More Deeply Caring Communities (Paperback)

HarperCollins Publishers Inc, United States, 2016. Paperback. Book Condition: New. Reprint. 203 x 135 mm. Language: English . Brand New Book. An international bestseller, Barbara Coloroso's groundbreaking and trusted guide on bullying-including cyberbullying-arms parents...

[Read PDF »](#)



Readers Clubhouse Set B Safe Streets (Paperback)

Barron's Educational Series, United States, 2006. Paperback. Book Condition: New. 231 x 147 mm. Language: English . Brand New Book. This is volume eight, Reading Level 2, in a comprehensive program (Reading Levels 1...

[Read PDF »](#)



The Frog Tells Her Side of the Story: Hey God, I'm Having an Awful Vacation in Egypt Thanks to Moses! (Hardback)

Broadman Holman Publishers, United States, 2013. Hardback. Book Condition: New. Cory Jones (illustrator). 231 x 178 mm. Language: English . Brand New Book. Oh sure, we'll all heard the story of Moses and the...

[Read PDF »](#)



America's Longest War: The United States and Vietnam, 1950-1975 (Paperback)

McGraw-Hill Education - Europe, United States, 2013. Paperback. Book Condition: New. 5th. 206 x 137 mm. Language: English . Brand New Book. Respected for its thorough research, comprehensive coverage, and clear, readable style, America's...

[Read PDF »](#)



Crochet: Learn How to Make Money with Crochet and Create 10 Most Popular Crochet Patterns for Sale: (Learn to Read Crochet Patterns, Charts, and Graphs, Beginner's Crochet Guide with Pictures) (Paperback)

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Getting Your FREE Bonus Download this book, read it to the end and...

[Read PDF »](#)