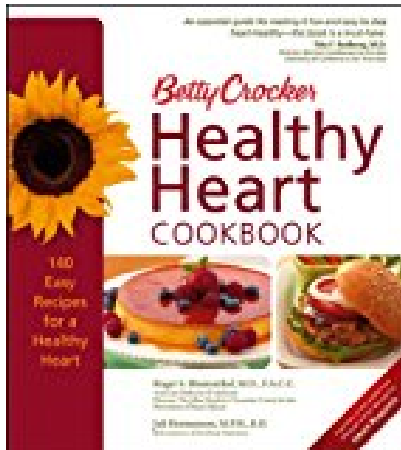


Betty Crocker Healthy Heart Cookbook Betty Crocker Cooking



BOOK DETAILS

- Author : Roger S Blumenthal
- Pages : 256 Pages
- Publisher : Betty Crocker
- Language : English
- ISBN : 0764574248



BOOK SYNOPSIS

A special new edition of the best-selling cookbook features a special heart-healthy section that reveals how to cut bad fats and cholesterol in meals, reduce stress, maintain healthy weight, quit smoking, and control heart disease risk factors, along with more than one thousand classic and contemporary recipes, nutritional breakdowns, how-to guidelines, cooking tips, and hints for menu planning and entertaining.

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