



Healthy Cooking for Two and Better Than Ever!: Third Edition: Revised and Updated with the Latest Low Fat Nutritional Ingredients Available

Brenda Shriver

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The enthusiasm surrounding Brenda Shriver's "Healthy Cooking for Two" continues in this 3rd revised edition. She has included the new products available in the marketplace such as non-fat 'Half-and-Half' and added new delicious heart healthy, easy-to-prepare recipes for the 21st-century chef who doesn't want to spend all day in the kitchen. Brenda has given us more than fifty full menus for every occasion that you might imagine, such as a lazy weekend breakfast, a small intimate lunch for a guest, and dinner for the boss. This is a must-have cookbook.



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