



# The Gorgeless Gourmet's Cookbook: Practically Fat-Free Recipes for Super-Busy People

*Ferris Robinson*

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# **The Gorgeless Gourmet's Cookbook: Practically Fat-Free Recipes for Super-Busy People**

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## **The Gorgeless Gourmet's Cookbook: Practically Fat-Free Recipes for Super-Busy People** Ferris Robinson

These easy recipes are practically fat-free but taste delicious. Written after the author's husband had open-heart surgery twenty years ago at age 34, this cookbook has been featured on the cover of Woman's World magazine and has sold nearly 10,000 copies. Recently republished in its original form, the Gorgeless Gourmet's Cookbook makes it easy to serve your family healthy meals in minutes, using ingredients you have on hand. "Ferris, I just had to drop you a note and thank you for the Gorgeless Gourmet cookbook! I have owned it since it first came out (you actually autographed my copy) and I have used it many times over the years. But, about 15 days ago, my husband of just over 1 month had a heart attack and it has now become my "culinary Bible". Like you, we have had to completely change our lifestyle and with the help of your cookbook, I have been able to still make him tasty (and now healthy) dishes for breakfast, lunch and dinner! Once again, THANK YOU!" Kathy V.



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