



Latina Lite Cooking: 200 Delicious Lowfat Recipes from All Over the Americas - With Special Selections on Nutrition and Weight Loss

Maria Dolores Beatriz

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Entertaining, practical, and informative, "Latina Lite Cooking" provides 200 recipes for low-fat yet delicious fare from the cuisines of Mexico, Puerto Rico, Cuba, Spain, and all of Latin America, plus the author's state-of-the-art weight reduction plan and her unique message of self-empowerment.A.

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