



100% Pleasure: From Appetizers to Desserts, the

Nancy Baggett, Ruth Glick

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From appetizers to desserts, this is the low-fat cookbook for people who love to eat. Luscious cheesecake, marinated steak, chocolate cake, smooth gravy, creamy salmon mousse--all your favorite recipes with all the pleasure and none of the guilt. Features tips on shopping, cooking, menu planning, snacking and eating out.

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