



Lean and Luscious

Bobbie Hinman, Millie Snyder

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- Recipes that are delicious, quick, low in calories, and easy to prepare
- Recipes that are not just for dieters but for anyone who likes good food and believes in good nutrition
- Your choice of sweeteners
- Nutritional breakdown of each recipe, including assessments of calories, fat, carbohydrates, sodium, protein, and cholesterol
- Recipes organized by food families—a unique, convenient way to balance your diet
- Recipes you can use for all types of restrictive diets, such as lowfat, reducing, low-sodium, and low cholesterol
- Sinfully sumptuous desserts, minus the guilt
- Gourmet food that's a snap to prepare

Each and every recipe fully updated and improved to meet the newest dietary guidelines for healthy eating!

“Thank you for your fabulous cookbook. The recipes provide great tasting food with a reasonable calorie content. My wife and I use it all the time.”

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