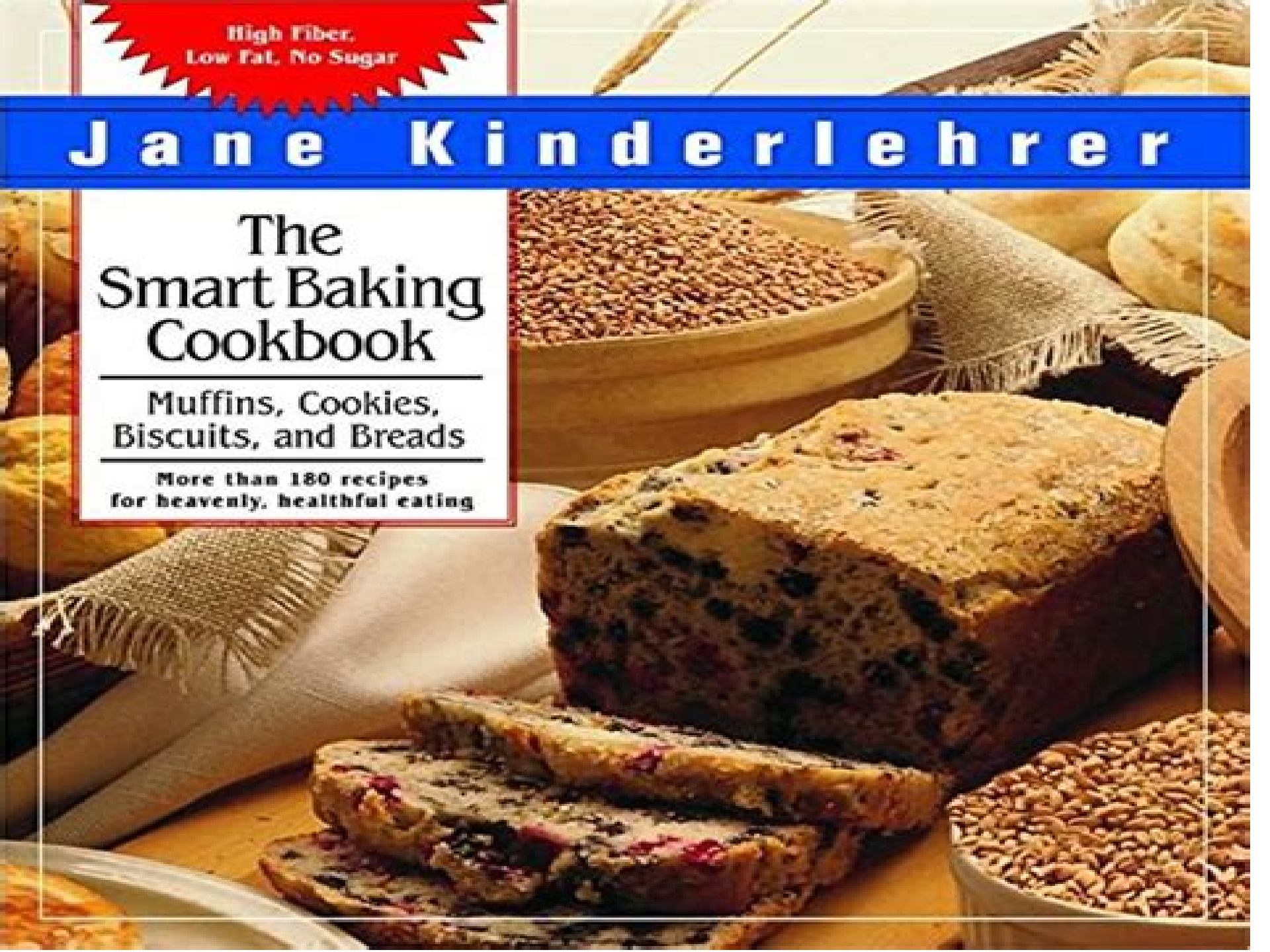




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Smart Baking Muffins Cookies Biscuits And Breads

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The Smart Baking Book Jane Kinderlehrer,1998 With each recipe high in fiber proteins and flavor this book features family and kitchen tested recipes for 83 muffins 80 cookies and dozens of biscuits breads and toppings **The Smart Baking Cookbook** Jane Kinderlehrer,2002-09-11 Former Prevention senior editor and nutrition expert Jane Kinderlehrer reveals the secrets to delicious yet healthy baking in these 180 high fiber lowfat no sugar recipes Ideal for today s healthy choice lifestyle The Smart Baking Cookbook provides readers with over 180 easy recipes for baked goods that are high fiber and high flavor yet sugar free and low fat These delectable vitamin enriched recipes also contain no white flour hydrogenated fats or chemical additives just natural ingredients like fruit nuts honey and carob Charmingly illustrated the book includes an extensive guide to flours grains and seeds helpful nutrient analysis of ingredients a metric conversion chart and special chapters for the allergic Recipes include family and kitchen tested gems Banana Maple Walnut Muffins Pizza Muffins Dark Rye and Cornmeal Bread Butterfly Ginger Cookies Cinnamon Twist Coffee Cake Crunchy Fudgy Brownies and much more

The Smart Chicken & Fish Cookbook Jane Kinderlehrer,2010-05 Jane Kinderlehrer s Smart Chicken and Smart Fish are now collected in this one volume creating a doubly delicious selection of high fiber low fat low or no sugar low sodium and low cholesterol recipes for main courses soups and salads For the first time here are Jane Kinderlehrer s collected recipes and tips involving fowl and fish preparations a companion to her Smart Baking Cookbook with her recipes on muffins cookies biscuits and breads However you make your poultry whether roasted sauteed poached grilled baked and stir fried make it healthy with these 101 chicken recipes Recommended by Julia Child the tasty poultry offerings include dozens of chicken capon turkey breast pot pie and stew selections plus a glossary on terminology and helpful hints on stuffing carving storing and freezing Regarding fish here are 101 recipes encompassing 26 varieties of fin fish covering baking broiling poaching gilling smoking and sauteing and including appetizers salads chowders gumbos and main courses Jane also reports all the important facts on fish safety selection menu planning and caloric and nutritional analysis *Anne Lindsay's Smart Cooking* Anne Lindsay,2008-08-25 First published in 1986 Anne Lindsay s Smart Cooking began Canada s healthy eating revolution Anne Lindsay s Smart Cooking features Over 200 recipes for appetizers soups salads dinner entr es baking and desserts An analysis for each recipes showing calories fat protein carbohydrate sodium and fiber The latest nutrition information on reducing you risk of cancer through diet Use these time tested recipes and the menu suggestions to find out how easy and tasty healthy eating can be **Subject Guide to Books in Print** ,1997 Writer's Guide to Book Editors, Publishers and Literary Agents, 1999-2000 Jeff Herman,1998-07-08 Over the years Writer s Guide to Book Editors Publishers and Literary Agents has helped thousands of writers just like you get their books published With the best and most up to date listings of key book publishing insiders Writer s Guide gets you past the reject piles and into the hands of the right people Nowhere else will you find the detail the insight the depth Nowhere else will you find the solid inside information Writer s Guide is your key

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day long Could losing weight really be as simple as flipping a switch Absolutely says Dr Robert Cooper one of America s leading weight loss researchers The trouble with most popular diet and exercise programs is that they boot up the metabolic thermostat or Meta Stat an area in the brain that regulates metabolism for only short spurts The rest of the time the body is in fat storing mode But if our Meta Stat stays on 24 hours a day we burn fat constantly and build energy as well In *Flip the Switch Lose the Weight* Dr Cooper reveals scientifically proven strategies that enable us to turn on our Meta Stat and maintain optimum metabolism all day long This groundbreaking book provides an easy 20 minute exercise plan that gently works the body differently on successive days for maximum fat burning energy generating effect allows you to customize your weight loss program based on your goals and lifestyle preferences provides an exclusive Success Map for you to chart your progress includes complete meal plans and more than 100 recipes all designed to fuel the Meta Stat for maximum fat burning

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