

# **Fat Free & Ultra Lowfat Recipes By Doris Cross**

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### **Ultra low fat old fashioned chicken and dumplings**

Nov 29, 2012 Another treasure from Fat Free and Ultra Low Fat recipes from Doris Kitchen by Doris Cross in Stillwater, OK. This is the only way I will make chicken soup

### **Quick and healthy low fat recipes and menus |**

Ultra-Quick and Healthy Low Fat Main Dish Recipes (15 minutes or less) Barbecued Chicken Burritos. These burritos are something of a Tex-Mex wonder:

### **Get out the crackers, get out the chips, it's time**

and make your own low-fat taco or pita chips for (Potter) offers this excellent tzatziki recipe. Tzatziki. Makes 4 to 6 servings) 2 cups plain yogurt. 1 cup

### **Doris cross cookbooks, recipes and biography |**

Doris Cross. Books (10) Doris's Fat Free Homestyle Cooking: Fat Free 2: More Fat Free and Ultra Low Fat Recipes - No Butter, No Oil,

### **Ultra low fat chicken-fried chicken with cream**

Prep: 15m. Another favorite from "More Fat Free & Ultra Low Fat Recipes from Doris' Kitchen" by Doris Cross in Stillwater, OK.

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### **0761501290 - fat free 2: more fat free and ultra**

0761501290 - Fat Free 2: More Fat Free and Ultra Low Fat Recipes - No Butter, No Oil, No Margarine by Cross, Doris

### **Doris cross (open library)**

Real food for people with diabetes 2 editions - first published in 1997 Fat free & ultra lowfat recipes

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### **Doris' fat-free homestyle cooking: over 175 fat**

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no oil, no margarine!. [Doris Cross] Home. WorldCat Home About WorldCat Help Feedback more fat free & ultra lowfat recipes no butter, no oil, no margarine!".

## **Cross, doris ( doris ann) - lc linked data**

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More Fat Free and Ultra Lowfat Recipes from Doris' Kitchen: No Butter, No Oil, No Margarine (Cookbook Series) Doris Ann Cross

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### **Doris cross (author of almost fat free down-home**

Doris Cross is the author of Almost Fat Free Down-Home Cooking (2.50 avg rating, 2 ratings, 0 reviews, published 1995), Real Food for People with Diabete

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Healthy Weight. Measuring Fat; The Best 19,541 were randomly assigned to follow a low-fat diet. Their goal was to lower their fat intake from almost 38% of

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Try this Banana Meringue Delight recipe, Recipe by: Fat Free & Ultra Lowfat Recipes - Doris Cross Posted to JEWISH-FOOD digest by Linda Shapiro on Nov 02, 1998,

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