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Steinback**

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This is a good cook book for people who are wanting to cut their fat intake. I bought this book in 1997, and after using the recipes in this book, along with some

Diabetes recipes - holiday

Diabetes Recipes - Holiday. Author: Jyl Steinback Source: The Fat Free Living 2 Cookbook. Crustless Pumpkin Pie. Ingredients: 16 oz canned pumpkin 1/2 c evaporated

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carrot-muffins-3 recipe I doubled the recipe. From the cookbook Fat Free Living 3 Desserts by Jyl Steinback CARROT MUFFINS 1 3/4 cups flour 1/3 cup brown

Diabetes recipes - holiday--crustless pumpkin pie

Diabetes Recipes - Holiday. CRUSTLESS PUMPKIN PIE. Serves: 6. Source: The Fat Free Living 2 Cookbook. by Jyl Steinback. 16 oz. canned pumpkin. cup evaporated skim milk

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