



# **The Low-Fat Bed & Breakfast Cookbook: 300 Tried-and-True Recipes from North American B&Bs**

*M. J. Smith*

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Bring the Taste and Comfort of B & B's Home. B & B's are synonymous with comfort, charm, and relaxation. We are transformed as we gently wake to the delicate scent of warm lemon cream scones. Our bodies are revitalized after we savor the taste of crisp warm French bread and the robust flavor of butternut squash soup. Our hearts soar as we sample garden polenta pie. This book takes the best recipes that the top B & B's have to offer and delivers them to you in a healthy low-fat manner that does not sacrifice taste. Each inn's recipe is a reflection of its local history, regional zest, and owner's genius. Explore the cooking talents from some of the best B & B's across the country and bring their flavors into your kitchen. What will You Find Inside?

- \* 300 tried-and-true low-fat recipes ranging from savory main entrees to seductive desserts
- \* Exchange values plus calorie, fat, and sodium analysis for each recipe
- \* Estimated recipe prep times
- \* Originating innkeeper's address and B & B overview

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In this age globalization it is important to someone to find information. The information will make a professional understand the condition of the world. The fitness of the world makes the information much easier to share. You can find a lot of sources to get information example: internet, classifieds, book, and soon. You will see that now, a lot of publisher that will print many kinds of book. Often the book that recommended to your account is The Low-Fat Bed & Breakfast Cookbook: 300 Tried-and-True Recipes from North American B&Bs this book consist a lot of the information of the condition of this world now. This specific book was represented so why is the world has grown up. The language styles that writer use for explain it is easy to understand. The writer made some study when he makes this book. That is why this book suited all of you.

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