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## From Mama s Table to Mine: Everybody s Favorite Comfort Foods at 350 Calories or Less

By Bobby Deen, Melissa Clark

Random House USA Inc, United States, 2013. Paperback. Book Condition: New. 229 x 183 mm. Language: English . Brand New Book. #1 NEW YORK TIMES BESTSELLER From beloved food personality Bobby Deen, son of Paula Deen, comes an irresistible new cookbook featuring 120 recipes of Southern comfort-food classics--all under 350 calories and jam-packed with flavor. Raised on his mother s fried chicken and hoecakes, Bobby Deen ultimately found himself, as a young man, twenty-five pounds overweight. Unwilling to sacrifice any of his favorite foods, Bobby started tweaking the recipes he grew up on, replacing sour cream with nonfat yogurt, using lower-calorie versions of mayonnaise, cream cheese, and other high-calorie items. Even Paula herself sometimes couldn t tell the difference between the lo-cal versions and her originals--since the flavor remained top-notch. Here you ll find a soup-to-nuts collection of many of the great dishes and flavors you ve come to enjoy and expect from the Deens, but with a lot fewer calories. Every recipe has been reviewed and approved by a certified nutritionist. Yes, you can have your Gooney Less Butter Cake and eat it too . . . along with such selections as It s a Party Guacamole - Easy...



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### Reviews

*Basically no terms to explain. I have read and so i am certain that i will gonna go through once again once more in the future. I realized this ebook from my dad and i encouraged this book to discover.*

-- Forest Little

*Great electronic book and useful one. It can be writter in straightforward terms rather than difficult to understand. Once you begin to read the book, it is extremely difficult to leave it before concluding.*

-- Kian Harber

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Createspace, United States, 2015. Paperback. Book Condition: New. Apoorva Dingar (illustrator). Large Print. 214 x 149 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Klara is a little different from the other cows, because she has a very special...



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Reader s Digest Association, United States, 2013. Hardback. Book Condition: New. 231 x 160 mm. Language: English . Brand New Book. Did you read about the janitor who donated million dollars to his local library? Do you ever watch in amazement...



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Strength Through Communications, United States, 2011. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.The Voyagers Series is a new multi-media, multi-disciplinary approach to teaching reading that provides students with a stimulating...



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Createspace, United States, 2014. Paperback. Book Condition: New. Kim Hansen (illustrator). large type edition. 216 x 216 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.A missing horseshoe for a prize winning horse.a set of mysterious footprints.suspicious looking characters....