

**FAT FREE
and
ULTRA LOW
FAT
RECIPES**

from
Doris' Kitchen

**NO BUTTER
NO OIL
NO OLEO**

ENJOY GUILT FREE:

**Cream Cheese Brownie Cake,
Cheesecake, Enchiladas,
Fajitas, Cornbread, Pimento
Cheese, Bagel chips** and many
*more unexpected ultra low fat and
fat free recipes.*

Doris Cross

**MORE
FAT FREE
& ULTRA LOW FAT**

Recipes from
Doris' Kitchen

**ALL
NEW
RECIPES**

- No Butter
- No Oil
- No Margarine

Enjoy Guilt Free: Biscuits & Gravy,
Chocolate Chip Pie, Chicken Fried
Chicken with Cream Gravy, Lemon
Sour Cream Cake, etc....

DORIS CROSS

Nutritional Analysis by
Karen Benson, R.D.C.N.

Fat Free And Ultra Low Fat Recipes From Doris Kitchen

Doris Cross



Fat Free And Ultra Low Fat Recipes From Doris Kitchen:

Fat Free and Ultra Low Fat Recipes from Doris' Kitchen Doris Cross,1991 Fat Free Ultra Low Fat Cookbook No butter No oil No oleo delicious recipes that can help you lose weight lower your cholesterol eat healthy Recommended by doctors for people that need to be on a low fat diet or lose weight or both Enjoy guilt free cheesecake cream cheese brownie cake cornbread fajitas pimento cheese macaroni cheese crispy cheese chicken To order Doris Diet Recipes Inc P O Box 549 Stillwater OK 74076 405 372 4105 *More Fat Free & Ultra Low Fat Recipes from Doris' Kitchen* Doris Ann Cross,1993

Doris' Fat-Free Homestyle Cooking Doris Cross,1996-09-18 Doris Cross does it again good old fashioned favorites without the fat Chocolate Cake with Cream Cheese Swirl anyone How about Chicken Pot Pie Others among over 175 recipes include Onion Rings Western Breakfast Casserole and more **Subject Guide to Books in Print** ,1997 *Forthcoming Books* Rose Army,1998 *Books in Print* ,1991 Real Food for People with Diabetes Doris Cross,Alice Williams,2001 This revised edition of this popular book features 40 new recipes including Beef Tamale Pie Spicy Chicken Almond Stir Fry Cranberry Cream Cheese Rolls Picnic Potato Salad Lemon Sour Cream Pie and Deluxe German Chocolate Cake **Real Mexican Food for People with Diabetes** Doris Cross,1998 Finally Food with Southwest Flair for Diabetics and Their Families Dear Friends After being diagnosed with diabetes a few years ago I decided to follow up my bestselling book Fat Free and Ultra Lowfat Recipes by writing a cookbook of tasty dishes for diabetics There was such a terrific response from folks around the country to Real Food for People with Diabetes that I decided it was time we had our own cookbook of America s favorite ethnic food Mexican and Southwestern cooking As a diabetic I still want all the old favorites and comfort foods I grew up with instead of the boring and bland choices normally available And when it comes to Mexican food I love the spicy flavors and zest of the real thing So as I ve done before I developed recipes for authentic tasting dishes that are lowfat and low calorie delicious and healthful Now you too can savor enchiladas tamales and burritos filled with cheese sour cream refried beans and chunky salsa and still maintain a safe healthy diabetic diet Each quick hassle free recipe includes a nutritional breakdown and lists the diabetic exchanges to take the work out of cooking for a diabetic lifestyle To your good health and enjoyment Doris With this collection of more than 150 enticing soups salads side dishes entrees and desserts you will find it easy to limit fat without sacrificing flavor Enjoy real Mexican foods such as Fiesta Tortilla Corn Chowder Chicken Taco Salad Cheesy Nachos Green Chili Quesadillas Meaty Zesty Chili Southwest Grilled Steaks Veggie Fajitas Blackened Chicken Enchiladas Skillet Southwest Potatoes Jalapeno Corn Bread with Cheese Hot Cinnamon FruitSauce Chocolate Pancakes And many more **American Book Publishing Record** ,1996 Paperbound Books in Print ,1992 Books in Print Supplement ,2002 **Taste of Home's Light & Tasty Annual Recipes 2004** Julie Schnittka,2004 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

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regional speaker She is the bestselling author of *Fat Free and Ultra Lowfat Recipes Prima* and lives in Stillwater Oklahoma
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