



Low Cholesterol: 120 Easy Low Cholesterol Recipes for Snacks, Side Dishes, Dinner and Dessert - The Best Cookbook to Lower Your Cholesterol - Super Easy Low Cholesterol Recipes for a Healthy

Sophie Rogers

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If you want to avoid the risk of heart attack and stroke then this low cholesterol cookbook is just what you need.

Every recipe has been carefully chosen to contain minimum amounts of cholesterol. Enjoy low cholesterol, heart-healthy dishes for breakfast, snacks, dinner and dessert.

Inside you'll find:

- 20 Recipes for Breakfast
- 20 Recipes for Snacks & Side Dishes
- 50 Recipes for dinner
- 30 Recipes for Dessert

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Susan Padgett:

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