

# Fat Free & Ultra Lowfat Recipes By Doris Cross

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Doris Cross was diagnosed with diabetes in 1996. More than 200,000 of her popular cookbooks are in print, including Fat Free and Ultra Lowfat Recipes, Fat Free 2, and

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Doris Cross is the author of Almost Fat Free Down-Home Cooking (2.50 avg rating, 2 ratings, 0 reviews, published 1995), Real Food for People with Diabete

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Try this Banana Meringue Delight recipe, Recipe by: Fat Free & Ultra Lowfat Recipes - Doris Cross Posted to JEWISH-FOOD digest by Linda Shapiro on Nov 02, 1998,

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and make your own low-fat taco or pita chips for (Potter) offers this excellent tzatziki recipe. Tzatziki. Makes 4 to 6 servings) 2 cups plain yogurt. 1 cup

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### **"plan by cross makes dieting enjoyable" by morrow,**

By Darrell Morrow Feature Editor Doris Cross Plan by Cross Makes Dieting Enjoyable her book "Fat Free and Ultra Low Fat Recipes from Doris

### **Ultra low fat chicken-fried chicken with cream**

Prep: 15m. Another favorite from "More Fat Free & Ultra Low Fat Recipes from Doris' Kitchen" by Doris Cross in Stillwater, OK.

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