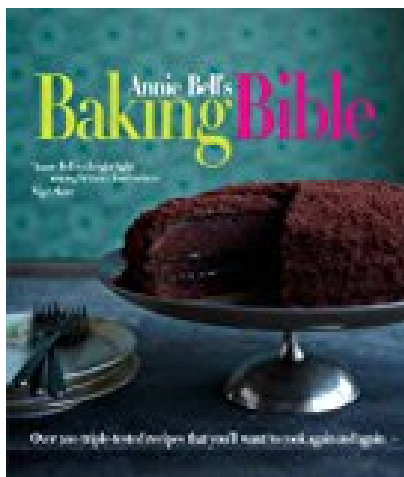


Annie Bells Baking Bible. Annie Bell



BOOK DETAILS

- Author : Annie Bell
- Pages : 336 Pages
- Publisher : Kyle Cathie Limited
- Language : English
- ISBN : 0857830252

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BOOK SYNOPSIS

Adopting a low carb diet doesn't mean you have to deprive yourself of delicious food. Award-winning food writer Annie introduces a diet that revolves around ingredients like chicken, salmon, shellfish and fresh seasonal vegetables. Every recipe lists the carbohydrate and protein values. Chapters include Soups, Elegant Eggs, Fish Shop Favorites, Burger Bar, Savory Pies and Casseroles, and Desserts. The 140 innovative international recipes show that low carb food can still be filling and enticing, while helping you lose weight."

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