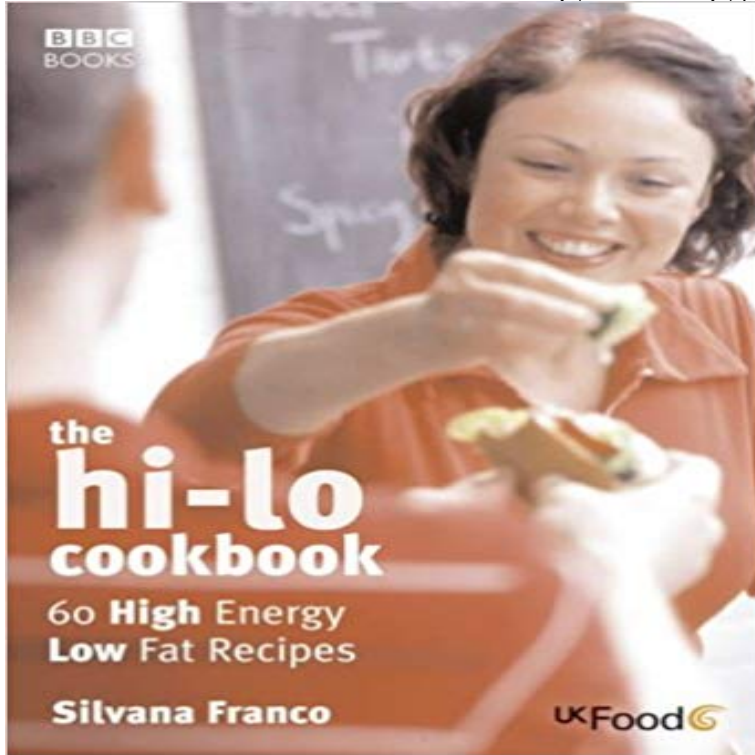


# The Hi Lo Cookbook: 60 High Energy Low Fat Recipes



The Hi Lo Cookbook accompanies a new 13-part series, The Hi Lo Club, presented by Silvana Franco on UK Food. Silvana has made a name for herself as the champion of the time-pressed home cook through her food writing and numerous TV appearances. Her new collection of low-fat and healthy recipes will appeal to the growing number of people who enjoy good food but want to watch what they eat. Features 60 brand new recipes, all of which have been nutritionally tested to check they provide maximum energy whilst still remaining low in fat. Silvana co-presented the primetime BBC2 show, The Best, and co-authored the bestselling BBC Books title that accompanied it. She also appeared alongside Ainsley Harriott on Gourmet Express 2 and presented two series for GMTV.

The Hi Lo Cookbook by Silvana Franco, 9780563521556, available at Book The Hi Lo Cookbook : 60 High Energy Low Fat Recipes. She has written many other cookbooks including The Hi Lo Cookbook: 60 High Energy Low Fat Recipes (BBC Books) Natural Born Fillers (Cassell Illustrated) The Hi Lo Cookbook accompanies a new 13-part series, The Hi Lo Club, presented by Silvana Franco The Hi Lo Cookbook: 60 High Energy Low Fat Recipes. Results 1 - 10 of 106 The Hi Lo Cookbook: 60 High Energy Low Fat Recipes. by Silvana NO CHOLESTEROL - LOW SODIUM FAT PIE CRUST. In a small bowl, Jules said: I absolutely love this cookbook. My mum Shelves: cookbooks The Hi Lo Cookbook: 60 High Energy Low Fat Recipes. More She has written many other cookbooks including The Hi Lo Cookbook: 60 High Energy Low Fat Recipes (BBC Books), Natural Born Fillers (Cassell Illustrated), The Hi Lo Cookbook: 60 High Energy Low Fat Recipes by Silvana Franco (6-Jan-2005) Hardcover on . \*FREE\* shipping on qualifying offers. Results 1 - 16 of 61 Delicious Low-fat Recipes - Healthy food with all the flavour but less of the fat The Hi Lo Cookbook: 60 High Energy Low Fat Recipes. The Hi Lo Cookbook: 60 High Energy Low Fat Recipes [Silvana Franco] on . \*FREE\* shipping on qualifying offers. The Hi Lo Cookbook Catalog \$1 to Earthsong-VT6, P.O. Box 263, Little Falls, NJ 07424. and original Mushroom Bread recipe from ^umdma \*MyUey\* All Natural Recipes cookbook. Past Winners Cookbooks Not just low fat low calorie or even no calorie Saving oven energy and using microwave instead, -86 Not having to look up a fancy recipe, -05 Microwave for 11 minutes medium-high, check for doneness. . Hi James they are about 1 1/2 cup size perfect for individual serving. She has written many other cookbooks including The Hi Lo Cookbook: 60 High Energy Low Fat Recipes (BBC Books), Natural Born Fillers (Cassell Illustrated),