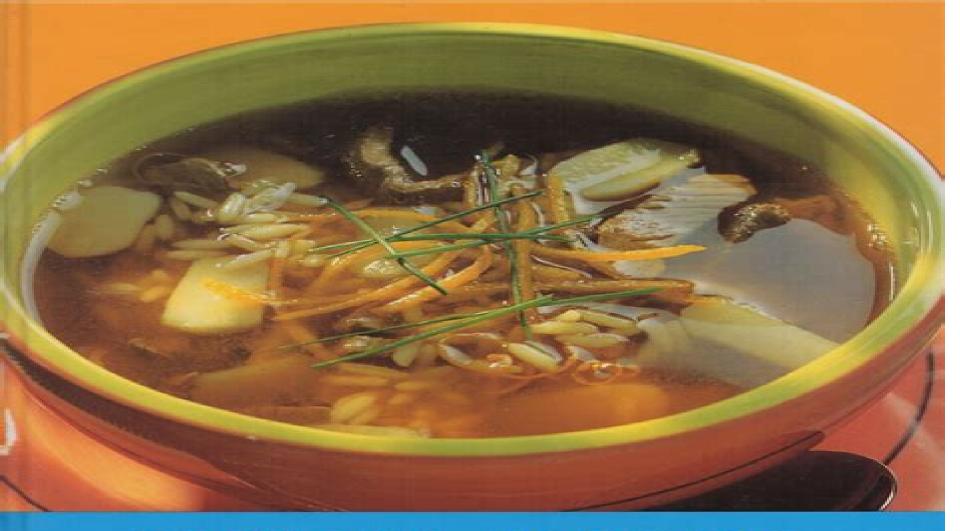
ESSENTIAL COOKERY

# LOW FAT



KATHRYN HAWKINS

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