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Gout Haters Cookbook, Recipes Lower In Purines

Jodi Schneiter

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Gout Haters Cookbook, Recipes Lower In Purines

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Gout Haters Cookbook, Recipes Lower In Purines Jodi Schneiter
Gout Haters Cookbook, recipes lower in purines, lower in fat. This cookbook features comprehensive lists of higher, relatively high and lower purine foods. Designed specifically for persons suffering from gout.

Consisting of 102 pages and over 90 recipes, this book offers a wide variety in cuisine. Sections include appetizers, beverages, main dishes, sides, sauces and desserts.

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