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Doris cross (author of almost fat free down-home

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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More fat free & ultra low fat recipes from Doris' kitchen by Doris Cross, More fat free & ultra low fat recipes from Doris' kitchen

Ultra low fat old fashioned chicken and dumplings

Nov 29, 2012 Another treasure from Fat Free and Ultra Low Fat recipes from Doris Kitchen by Doris Cross in Stillwater, OK. This is the only way I will make chicken soup

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Get out the crackers, get out the chips, it's time

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