

Healthy Options

The
Gourmet Lite
Cookbook by

woman this month

This year's edition, *Healthy Options*, The Gourmet Lite Cookbook by *Woman This Month*, is all about offering healthy variations on foodie favourites adapted to fit a healthier way of life.

Featuring recipes compiled by the *WTM* team, our readers and, of course, some of the island's favourite chefs, we bring you 40-plus dishes to tantalise the taste buds.

From quick and easy snack-size bites to full-on entertaining fare and even healthier alternatives to your favourite takeaways, the beautifully illustrated recipes include helpful kitchen hints and step-by-step instructions.



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ACCEPTABLE SOFTWARE FORMATS:

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OTHER TECHNICAL DATA

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