



# **The Low-Fat Bed & Breakfast Cookbook: 300 Tried-and-True Recipes from North American B&Bs**

*M. J. Smith*

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Bring the Taste and Comfort of B & B's Home. B & B's are synonymous with comfort, charm, and relaxation. We are transformed as we gently wake to the delicate scent of warm lemon cream scones. Our bodies are revitalized after we savor the taste of crisp warm French bread and the robust flavor of butternut squash soup. Our hearts soar as we sample garden polenta pie. This book takes the best recipes that the top B & B's have to offer and delivers them to you in a healthy low-fat manner that does not sacrifice taste. Each inn's recipe is a reflection of its local history, regional zest, and owner's genius. Explore the cooking talents from some of the best B & B's across the country and bring their flavors into your kitchen. What will You Find Inside?

- \* 300 tried-and-true low-fat recipes ranging from savory main entrees to seductive desserts
- \* Exchange values plus calorie, fat, and sodium analysis for each recipe
- \* Estimated recipe prep times
- \* Originating innkeeper's address and B & B overview

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