

Baking Without Fat By George Mateljan



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BAKING WITHOUT FAT is an amazing book. I knew about adding applesauce for a portion of the fat (oil, shortening, etc.) but this book removes it all!

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George Mateljan is a businessman who is most known for his book The World's Healthiest Foods including: Cooking Without Fat, Baking Without Fat,

George mateljan, founder

George Mateljan has had a lifelong devotion to using the power of food as a key to controlling and maintaining Cooking without Fat and Baking Without

George mateljan philanthropist and expert in the

George Mateljan has taken these words to heart and put them into practice creating a Cooking Without Fat; Baking Without Fat; Healthy Living Cuisine

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Cooking without Fat and Baking Without Fat, That's why his latest healthy gift is The George Mateljan Foundation for the World's Healthiest Foods.

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