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After the Diet: Delicious kosher recipes with less fat, calories and carbs

Azriela Jaffe

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After the Diet: Delicious kosher recipes with less fat, calories and carbs Azriela Jaffe
Recipes for your Shabbos and weekday table that are kid friendly, healthy, less caloric than traditional alternatives, and fun and easy to make for the whole family. Developed and tested by the author.

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