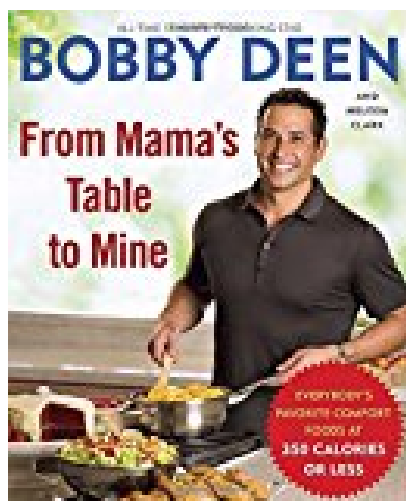


# From Mamas Table to Mine Everybodys Favorite Comfort Foods at 350 Calories or Less

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## BOOK DETAILS

- Author : Bobby Deen
- Pages : 240 Pages
- Publisher : Ballantine Books
- Language : English
- ISBN : 0345536630



## BOOK SYNOPSIS

Provides Southern-inspired comfort food options with fewer calories, including meat loaf, oven-fried chicken, and bittersweet chocolate cheesecake.

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