



Fresh Healthy Cooking and Living from Lake Austin Spa Resort

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From the shores of Lake Austin in the beautiful Texas Hill Country, come inspirational spa creations from their kitchen to yours. More than 200 hundred recipes that span the globe, for everyday cooking, that are low-fat, easy to prepare and most of all - FRESH and delicious. In addition to the many marvelous recipes for these dishes listed within, readers will find an assortment of spa tips throughout this book which illuminate much about a healthy attitude and lifestyle reflective of the added benefits of a stay at the Lake Austin Spa Resort. Many recipes for all kinds of categorizes: Appetizers, Salads & Dessings, Soups, Vegetarian, Poultry, Seafood, Meats, and Desserts. Terry Conlan is a chef at Lake Austin Spa Resort in Texas and author of Fresh: Healthy Cooking and Living from Lake Austin Spa Resort. A great, detailed healthy living cookbook.



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