



The Meatless Gourmet: Easy Lowfat Favorites

Bobbie Hinman

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Bobbie Hinman has done it again. For the growing number of people who know the health benefits of meatless meals, Bobbie offers *The Meatless Gourmet: Easy Lowfat Favorites* to her long list of healthful cookbooks. Not only for vegetarians, this cookbook is for health-conscious people who want to enjoy meatless meals, whether occasionally or every day.

Bobbie's newest cookbook offers over 300 healthful recipes using whole grains, fresh fruits and vegetables, and a variety of legumes. There are soups, salads, main dishes, breads, desserts, and beverages—something to please every palate.

Each recipe provides an at-a-glance nutritional breakdown that includes calories, protein, carbohydrates, sodium, fat content, and cholesterol. Here are just a few of the hundreds of creative and delicious dishes included:

- Cinnamon-Raisin Beer Bread
- Pinto Burrito Pie
- Fabulous Berry Party Trifle
- Iced Maple Coffee Float

Bobbie answers such questions as: “How much fat should I eat?” “How much fiber do I need, and how do I add it to my meals?” and “Will I get enough protein?” All of this and much more makes *The Meatless Gourmet: Easy Lowfat Favorites* a valuable addition to any cook's collection.

About the Author

Bobbie Hinman is the author of *The Meatless Gourmet: Favorite Recipes from Around the World, Oat Cuisine*, and co-author of the bestselling *Lean and Luscious* series (all from Prima). She is a cooking instructor and nutritional speaker; she lives in Delaware with her husband Harry.

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