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Raspberry and ricotta parfaits What's cooking on page 32

The Biggest Loser: 100 healthy desserts, 174pp. with nutrition consultant, Dr. Trent Watson Hardie Grant Books, Melbourne, 2012 Cooking on page 32. The Biggest Loser television series has been popular in Australia and given weight loss a high priority. So this book caters for those who want to have their dessert and eat it too.

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The Biggest Loser: 100 Soups and Salads; 100 Healthy Snacks; and 100 Healthy Desserts each contain 100 specially created, healthy, fresh, tasty and easy recipes. Perfect for easy and healthy weeknight meals and easy entertaining, each recipe contains a handy detailed nutritional breakdown so you can keep track of what energy and nutrients you're getting.

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