



# Healthy Soul Food Cooking

*Fabiola Gaines, Roniece Weaver*

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**Healthy Soul Food Cooking** Fabiola Gaines, Roniece Weaver

## **Soul food cooking doesn't have to be bad to taste good**

Fabiola Demps Gaines and Roniece Weaver's New Soul Food Cookbook for People with Diabetes, the first diabetes cookbook for and by African Americans, was a blockbuster with more than 75,000 copies in print. With this new Small Steps Press edition of their book, Gaines and Weaver take those same principles of healthier soul food cooking to you. *Healthy Soul Food Cooking* shows you how to cut the fat, cholesterol, and salt in your favorite soul food recipes while still keeping the flavor you deserve. All the Cajun, creole, and down-home favorites are here--and now in healthier versions than ever before.

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