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The Healthy Soul Food Cookbook: Fabiola Demps Gaines. 56. Paperback. Soul Food Love: Healthy Recipes Inspired by One Hundred Years of Cooking in a Black Family

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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.

Founders - hebni nutrition consultants

In her current role she is also the co-author with Fabiola Gaines Month of Meals, Family Style Soul Food, Healthy Director of Nutrition Services

Talking to the experts fabiola gains on soul food

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Fabiola demps gains (author of the new soul food

Fabiola Demps Gaines is the author of The New Soul Food Cookbook For People With Diabetes (3.44 avg rating, 16 ratings, 2 reviews) and Healthy Soul Food

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