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Doris Cross is the author of *Almost Fat Free Down-Home Cooking* (2.50 avg rating, 2 ratings, 0 reviews, published 1995), *Real Food for People with Diabete*
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Get out the crackers, get out the chips, it's time

and make your own low-fat taco or pita chips for (Potter) offers this excellent tzatziki recipe. Tzatziki. Makes 4 to 6 servings) 2 cups plain yogurt. 1 cup

Doris cross (open library)

Real food for people with diabetes 2 editions - first published in 1997 Fat free & ultra lowfat recipes

Ultra low fat old fashioned chicken and dumplings

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