



## **Holiday Secrets: Be Healthy AND Creative from Halloween Through New Year's Day**

*Judy Doherty*

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# **Holiday Secrets: Be Healthy AND Creative from Halloween Through New Year's Day**

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**Holiday Secrets: Be Healthy AND Creative from Halloween Through New Year's Day** Judy Doherty  
You will want to use this book over and over during the holiday season. Find favorite holiday recipes that won't disappoint your guest's taste buds or their health. These recipes are easy to make and they work every time. They have been tested and reviewed for more than 15 years by Food and Health Communications. There is no other source of healthy holiday cooking recipes that is as comprehensive, healthy or creative as Holiday Secrets. The recipes and secrets given are for Halloween to New Year's time. But there is also a bonus section, too. Gain great meals for Valentine's Day, Easter, Mother's Day, Father's Day and the three summer holidays.



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