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Recipes, Cheats And Ideas For Feel-Good Favourites By
Justine Pattison**

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warm you up without sending your calorie count through the roof.

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It's hard not to crave comfort foods like chicken-fried steak with cream gravy or lasagna, but the feeling
you're left with after and the heavy calorie load aren't

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Sometimes only a big plate of sausage and mash will do. To enjoy the dish without the calories, grill the
sausages and serve with roasted pumpkin (drizzle with just a

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Justine Pattison is the author of Freeze (3.33 avg rating, 3 ratings, 2 reviews, published 2013), Comfort Food Without the Calories

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