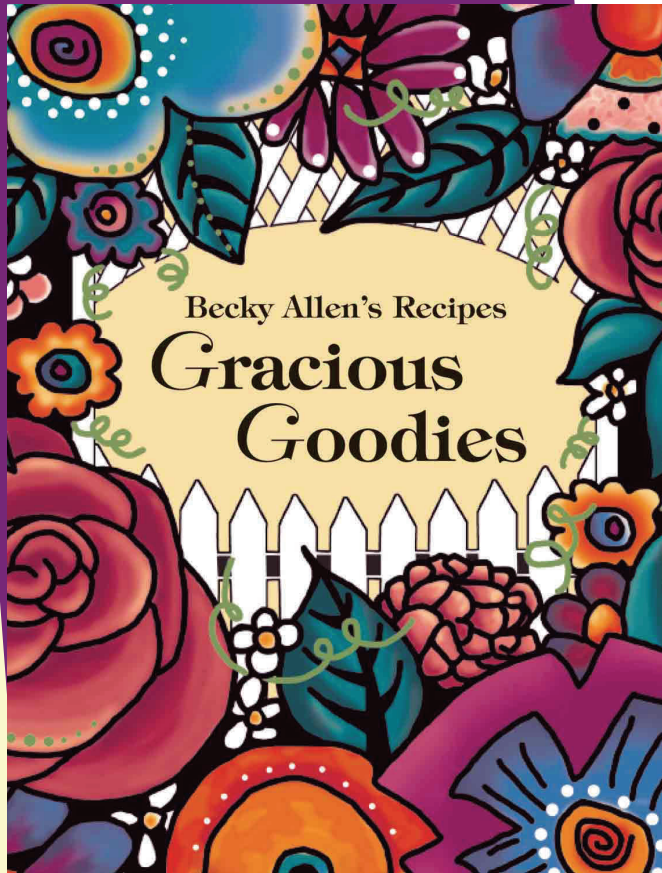


New Cookbook

There are many options today in the places where we shop for food. For example, there are many low sodium, low fat, low cholesterol products that may lead to healthier bodies and minds. That is a decision you should make with your doctor or nutritionist. We did not try to make those decisions for you in this cookbook. Becky Allen collected a vast number of recipes over her lifetime. What makes this cookbook unique is that we have included her personal life story. Becky Allen's Recipes—Gracious Goodies, is filled with 300 of Becky's most favorite cherished recipes. Cooks of every description will love the variety of recipes found within the cookbook. They will also appreciate that pages can be added or removed from the three ring binder. In researching the type of format for the cookbook, seasoned cooks told us that being able to remove a recipe from the binder was an important feature as they could then place the recipe in a plastic bag and set it down where they were cooking. Professional cooks and culinary artists told us that the cookbook represents to them a great resource in which to find delicious recipes guaranteed to provide a memorable culinary experience. Whether you are looking for the perfect appetizer, fabulous ideas for a meal to prepare ahead of time, or making a meal to take to a friend or function we are confident you will find something new and interesting to prepare. Retailers, B&B's, Restaurants and others interested in selling this cookbook or in advertising with us on our website contact Jody Allen at Media 54 LLC.



www.beckyallenrecipes.com

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- **300 Fabulous Recipes.**
- **Helpful Cooking Hints.**
- **3 Ring Binder.**

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