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Betty Rohde is the author of So Fat, Low Fat, No Fat (3.38 avg rating, 8 ratings, 4 reviews, published 1993), More So Fat, Low Fat, No Fat For Family and

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Old-fashioned, low-fat, sugar-free banana -

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One of Betty Rohde's earliest cooking memories is of preparing fried chicken at age 6, Gore Woman's Cooking Loses the Fat, But Not the Flavor.

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