



Easy Healthy Recipes (Original Series)

Jean Paré

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Easy Healthy Recipes is now available in Original Series format. These recipes include at least one full serving of fruit or vegetables per portion, and are also lower in fat, sugar and sodium, so no matter what you choose from the wide selection of recipes, you can whip up healthy and delicious meals, snacks and even desserts the whole family will love. Try our meal-in-one: Chicken Vegetable Fried Rice, or a side of Grilled Mixed Veggies and our Creamy Raspberry Cooler makes a treat that can be enjoyed any time of day

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