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Justine pattison (author of freeze)

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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By VALERIE COGSWELL As far as comfort food goes, pizza and ice cream are undeniably among everyone's favorites. Comfort Food Recipes Without the Calories.

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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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