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Margo Oliver's Cookbook for Seniors: Nutritious Recipes for One-Two-Or More (Self-Counsel Retirement) (Self-counsel retirement series)

Margo Oliver

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Margo Oliver : Margo Oliver's Cookbook for Seniors: Nutritious Recipes for One-Two-Or More (Self-Counsel Retirement) (Self-counsel retirement series) before purchasing it in order to gage whether or not it would be worth my time, and all praised Margo Oliver's Cookbook for Seniors: Nutritious Recipes for One-Two-Or More (Self-Counsel Retirement) (Self-counsel retirement series):

0 of 0 people found the following review helpful. Did not met needs.By Aunt SusieDidn't realize this was an older book. Wanted specific advice on eating better for my age. Gave book to local public library.0 of 1 people found the following review helpful. Five StarsBy Ann McMahongreat

A favorite of thousands of newspaper readers through her popular cooking column, Margo Oliver has turned her culinary talents toward meeting the needs of the senior segment of the population. Information and recipes geared specifically to the special needs of seniors are presented in larger, easy-to-read type.In addition to the delightful array of recipes and menus that adhere to her motto of "cook well to Feel well", Ms. Oliver provides lists of indispensable

equipment, tables of equivalents, and insights into the challenges of cooking for one or two.