

# Download Art Smith's Healthy Comfort

Art Smith, the award-winning, personal chef to Oprah Winfrey, returns to the kitchen with Art Smith's Healthy Comfort, a collection of 150 original, delicious recipes that will help you lose weight. Art Smith's Healthy Comfort . Chef Art Smith puts the power of healthy living within your reach with these delicious dishes. Discover some of the great recipes he created on his journey to health and wellness, and then prepared for his celebrity clients. Art Smith, the award-winning, personal chef to Oprah Winfrey, returns to the kitchen with Art Smith's Healthy Comfort, a collection of 150 original, delicious recipes that will help you lose weight. Celebrity chef Art Smith, who shed 100 pounds (45 kg) after being diagnosed with diabetes three years ago, shares his weight-loss tips and healthy recipes in his newest cookbook, "Art Smith's ...