



Skinny Cookies Cakes Sweetsover 100 Healthy Lowcal Recipes For Americas Favorite Desserts

J Ma



Skinny Cookies Cakes Sweetover 100 Healthy Lowcal Recipes For Americas Favorite Desserts:

Skinny Sauces & Marinades Erica Levy Klein,1994 **Skinny Sandwiches** Desiree Witkowski,1995 *Skinny Vegetarian Entrees* Phyllis Magida,Sue Spitler,1995 Contains over 100 meat free recipes each of which is naturally low in fat and high in fiber and complex carbohydrates The recipes are easy to make do not call for exotic ingredients and cover the entire range from family meals to party dishes Includes recipes for soups stews casseroles salads pasta dishes one pot bean rice and grain meals ethnic specialties and sandwich and barbecue ideas The recipes fall within the American Heart Association guidelines and none of the entrees exceeds the 30 percent of calories from fat guideline Contains specific nutritional information for each recipe **Skinny Chicken** Erica L. Klein,1994 The latest addition in the 125 000 copy bestselling *Skinny* cookbook series here is the perfect guide for the 75 percent of Americans who cook chicken at least once a week More than 100 delectable chicken recipes are presented all specially designed to meet today s health goals **Skinny Chocolate** Phyllis Magida,Barbara Grunes,1994 Here are dozens of sumptuous delights sweet pleasures simple treats and elegant creations to lead you not into temptation Now you can have your chocolate cake or pie brownie pudding or cookies and eat it too without worrying about the calories and fat *Skinny Chocolate* s 100 new recipes let you indulge your chocolate fantasies without ignoring the principles of health eating Incredibly none of these satisfying delights from Chocolate Cheesecake to Chocolate Charlotte Russe sacrifices creamy richness or mouth watering flavor in order to meet American Heart Association guidelines Only recipes attaining the authors high standards for both chocolatey goodness and good health made the final cut All recipes were also held to rigorous standards for ease of preparation and economy of ingredients Even exotic creations such as Chocolate Baked Alaska and Chocolate Crostata di Ricotta are wonderfully simple to make in minimum time Nutritionally *Skinny Chocolate* recipes are impeccable Enjoy a new world of low fat chocolate delights 25 chocolate cakes 8 chocolate pies 16 chocolate puddings 6 chocolate cheese inventions 7 chocolate cookies 10 chocolate gelatin fruit desserts plus crepes noodles muffins drinks and frozen delights all deliciously chocolatey **Skinny Comfort Foods** Sue Spitler,1996 Contains recipes for favorite traditional dishes recreated to meet today s demand for leaner healthier eating **Skinny Pasta** Sue Spitler,1996 Americans not Italians created the pasta dishes that have been called a heart attack on a a plate Sue Spitler s authentic pasta recipes are the exception using the freshest vegetables and herbs and little or no meat This tempting selection features Italian favorites and an expanded Oriental noodle chapter 11 line drawings **Skinny Pizzas** Barbara Grunes,1993 Pizza is our national fun food And now thanks to Barbara Grunes innovative recipes pizza qualifies as our national good health food too These 100 plus recipes trim away the excess fat cholesterol and calories that usually come with pizza so you and your family can enjoy all the great tastes without sacrificing good nutrition Controlling fat and calories in pizza is easier than you may think Grunes points out that pizza crust in itself a healthful carbohydrate just waiting to be topped with delicious wholesome ingredients These recipes show you how to do exactly that

using exciting food combinations and simple cooking techniques Starting with easy to make and store recipes for basic crusts and sauces *Skinny Pizzas* shows you how easy it is to top pizzas with fresh low fat high fiber vegetables dairy products fruits poultry meat and fish everything from zucchini and pears to smoked salmon The most complete pizza book ever written recipes run the gamut from hearty one dish meals to pizza snacks appetizers party dishes even desserts Pizza is easy to make economical quick to cook about 20 minutes and a never ending treat for kids and adults Now with these recipes slimmed down for today's healthful lifestyle you can feel good about serving pizza anytime and for any occasion *The Love Your Heart (low Cholesterol) Cookbook* Carole Kruppa, 1993 *Skinny Beef* Marlys Bielunski, Susan Lamb Parenti, Irene Yeh, 1993 Beef It's a classic on target for the 90's way of cooking and eating *Skinny Beef* shows you how versatile beef can make great tasting healthful meals for every occasion from family fare to easy entertaining Over 75 of the recipes can be prepared and served in 30 minutes or less all are guaranteed delicious Step by step recipes helpful cooking tips and more

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