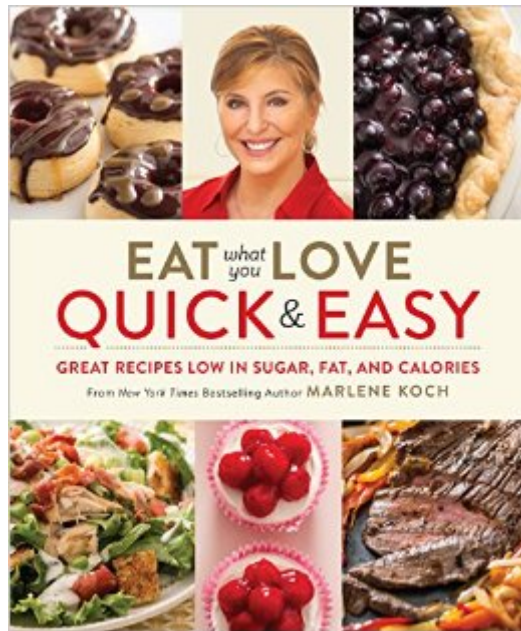


The book was found

Eat What You Love: Quick & Easy: Great Recipes Low In Sugar, Fat, And Calories



Synopsis

Great-tasting, guilt-free favorites in a flash! From creamy No-Bake Cherry-Topped Cheesecake to Cheesy Bacon Chicken, Deep-Dish Skillet Pizza, and 2-Minute Chocolate Cupcakes for One, every speedy crave-worthy recipe in this book is low in sugar, fat, and calories; but you would NEVER know by tasting them! In *Eat What You Love: Quick & Easy*, New York Times bestselling author Marlene Koch proves once again why she's called a Magician in the Kitchen! Readers rave about Marlene's amazing recipes, and in her quickest, easiest collection of recipes ever, she makes eating what you love a snap with flavor-packed favorites like: Crispy Teriyaki Fried Chicken; 10 minutes prep and only 205 calories! Quick-Fix Quesadilla Burgers; 320 calories instead of the usual 1,420! 15-Minute Coconut Cream Candy Bar Pie; 190 calories and 70% less sugar! With more than 180 super-satisfying family-friendly recipes for every meal of the day; this cookbook is perfect for everyone, and every diet! Plus: Every recipe can be made in 30 minutes; or less! Gluten-free recipes, all-natural sweetening, and cooking for two included! Gorgeous full-color photographs throughout! Nutritional information for every recipe with diabetic exchanges, carb choices, and Weight Watcher point comparisons.

Book Information

Hardcover: 336 pages

Publisher: Running Press (April 26, 2016)

Language: English

ISBN-10: 0762457848

ISBN-13: 978-0762457847

Product Dimensions: 7.6 x 1.2 x 9.2 inches

Shipping Weight: 2.6 pounds (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars See all reviews (84 customer reviews)

Best Sellers Rank: #5,354 in Books (See Top 100 in Books) #7 in Books > Cookbooks, Food & Wine > Special Diet > Diabetic & Sugar-Free #19 in Books > Cookbooks, Food & Wine > Special Diet > Low Fat #28 in Books > Cookbooks, Food & Wine > Special Diet > Weight Loss

Customer Reviews

UPDATE April 20: Tonight I prepared the Teriyaki Fried Chicken and the 15-Minute Coconut Cream Candy Bar Pie. We really enjoyed eating both recipes and they did not taste like diet food. I did omit the sugar-free ice cream topping for the pie as I didn't have that in my pantry and the pie tasted

wonderful. Author Marlene Koch creates tasty, healthy recipes that are edible. Very edible. I've used her cookbooks to prepare low-sugar, low-fat and calorie reduced meals for the past couple years as I am trying to eat healthier. I also wanted to lose a bit of weight and I've done that too thanks to Koch's cookbooks. What I love most about her newest cookbook: Eat What You Love Quick & Easy is how she's created "kitchen magic" to create tasty recipes I can't wait to try. In fact, I plan on making One-Bowl Mandarin Orange cake for dessert tonight as I have all the ingredients in my pantry. Also, her recipe looks very easy to make and it's almost dinner time. When I get done with this review I plan to go bake up the cake. Other recipes you'll find in her cookbook include: Blueberry Cheesecake Pie Cups Almond Tea Cakes Frosty Peaches and Cream Yogurt Pie 2-Minute Microwave Pumpkin Pie 15-Minute Coconut Cream Candy Bar Pie No-Churn Fruity Frozen Yogurt 2-Minute Chocolate "Cup" Cake for One (a mug cake recipe you prepare in the microwave oven) Apple-licious Green Smoothie Oatmeal Cookie Breakfast Smoothie Thick and Creamy Strawberry Shake 3-Ingredient Chocolate Caramel Biscuit Donuts Cinnamon Swirl Quick Cake Make-Ahead Bacon Cheddar Grab and Go Burritos Cinnamon Chai Oatmeal Pumpkin Pie French Toast Shortcut Spanish Potato Frittata Breakfast Cheesecake!

[Download to continue reading...](#)

Eat What You Love: Quick & Easy: Great Recipes Low in Sugar, Fat, and Calories Low Carb Dump Meals: 25 Easy, Delicious and Healthy Dump Dinner Recipes You Won't Believe Are Actually Low Carb!: (low carbohydrate, high protein, low ... Ketogenic Diet to Overcome Belly Fat) Low salt. Low salt cooking. Low salt recipes.: Saltless: Fresh, Fast, Easy. (Saltless: NEW fresh, fast, easy low salt, low sodium cookbook) (Volume 2) Secrets of Fat-free Greek Cooking: Over 100 Low-fat and Fat-free Traditional and Contemporary Recipes (Secrets of Fat-free Cooking) Good Calories, Bad Calories: Fats, Carbs, and the Controversial Science of Diet and Health Rice Cooker Recipes - Asian Cooking - Quick & Easy Stir Fry - Low Sugar - Low Sodium: Bonus: Trader Joe's Ingredients Asian Style Recipes (Rice Rice ... - Healthy Eating On a Budget) Vegan Thanksgiving Dinner: 25 Full Of Taste Thanksgiving Vegan Recipes.: (Thanksgiving, USA Holidays, Vegan, Vegetarian, Salads, Low-fat Vegan ... low fat high carb recipes) (Volume 2) Rice Cooker Recipes - A Low Carb Cookbook - Low Sugar & 100% Refined Sugar Free - Gluten Free & Diabetic Friendly (Rice Rice Baby - Rice Cooker Cookbook) (Volume 2) Weight Loss Stir-Frying: 48 Low Carb, Low Fat Recipes for Quick and Easy Wok and Cast Iron Cooking (Wok & Stir-Frying) Forever Fat Loss: Escape the Low Calorie and Low Carb Diet Traps and Achieve Effortless and Permanent Fat Loss by Working with Your Biology Instead of Against It Eat Fat, Get Thin: Why the Fat We Eat Is the Key to Sustained Weight Loss and Vibrant Health The McDougall Quick and Easy Cookbook: Over 300

Delicious Low-Fat Recipes You Can Prepare in Fifteen Minutes or Less Stir Fry Cooking: Over 40 Wheat Free, Heart Healthy, Quick & Easy, Low Cholesterol, Whole Foods Stir Fry Recipes, Antioxidants & Phytochemicals: ... & Easy-Low Cholesterol) (Volume 45) The Skinny NUTRiBULLET Soup Recipe Book: Delicious, Quick & Easy, Single Serving Soups & Pasta Sauces For Your Nutribullet. All Under 100, 200, 300 & 400 Calories. Low Carb Aroma Rice Cooker: 50 Easy, Low Carb and Paleo Recipes with Your Rice Cooker for Busy People (Low Carb Meals & Rice Cooker) The Ultimate AirFryer Cookbook: Over 50 Quick & Easy Low Fat Recipes for Every Day and Every Family Weight Loss by Quitting Sugar and Carb - Learn How to Overcome Sugar Addiction - A Sugar Buster Super Detox Diet (Weight Loss, Addiction and Detox) Now Eat This! Italian: Favorite Dishes from the Real Mamas of Italy--All Under 350 Calories Eat Fat Get Thin: Your Ketogenic Diet Guide To Rapid Weight LossÃÂ© (with Over 350+ of The Very BEST Fat Burning Recipes & One Full Month Meal Plan, Upgraded Living) Easy Low Carb Slow Cooking: A Prep-and-Go Low Carb Cookbook for Ketogenic, Paleo, & High-Fat Diets

[Dmca](#)