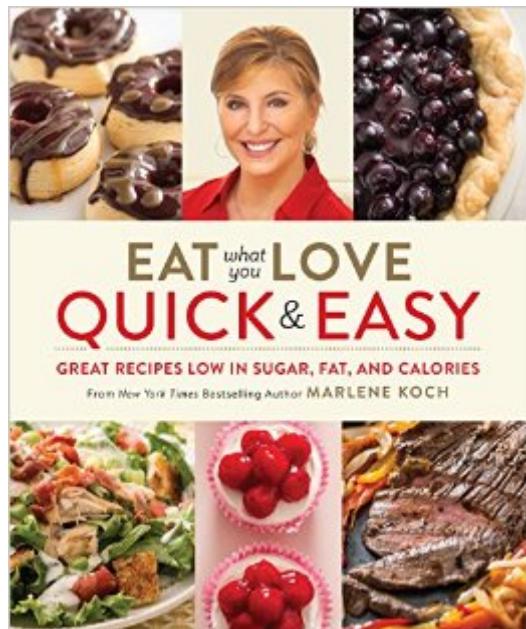


The book was found

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 & Cakes 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

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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!

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