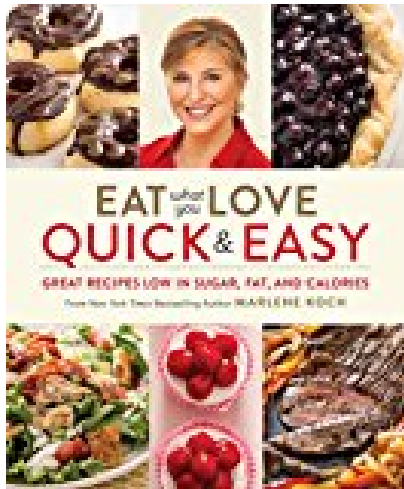


# Eat What You Love Quick & Easy Great Recipes Low in Sugar Fat and Calories

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## BOOK DETAILS

- Author : Marlene Koch
- Pages : 336 Pages
- Publisher : Running Press
- Language : English
- ISBN : 0762457848

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## BOOK 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 “Cup” 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.

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