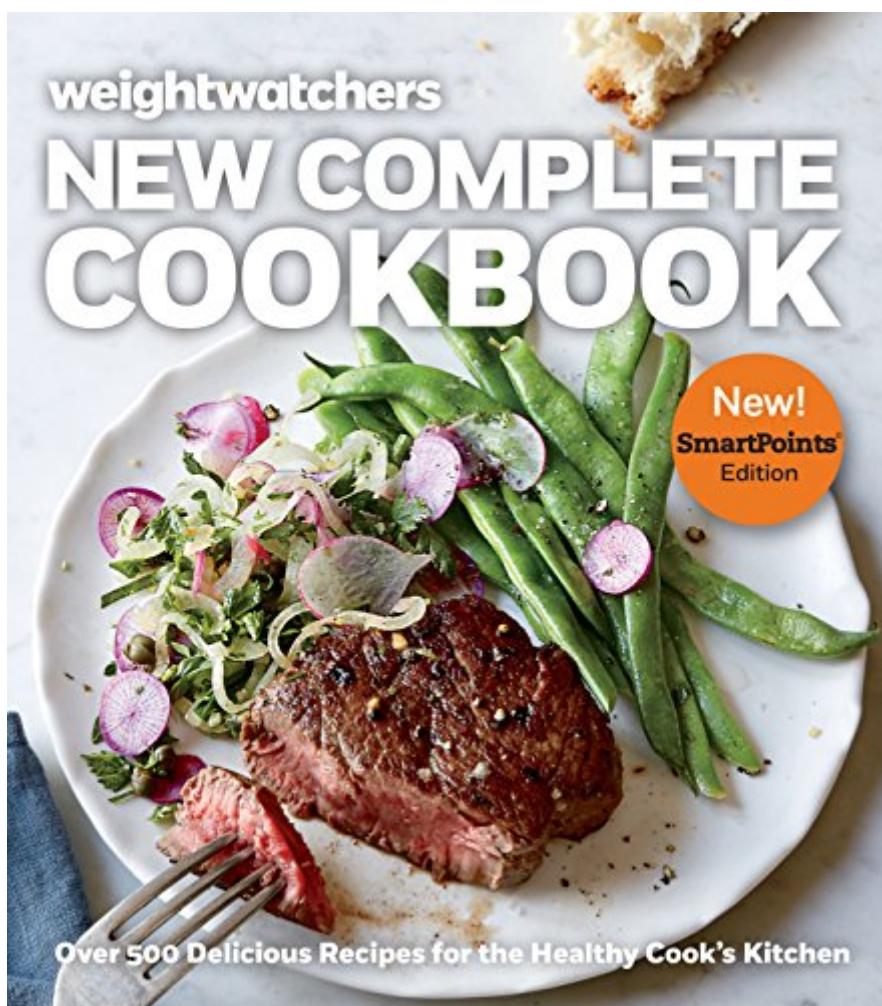


The book was found

Weight Watchers New Complete Cookbook, SmartPoints™ Edition: Over 500 Delicious Recipes For The Healthy Cook's Kitchen



Synopsis

Weight Watchers® A New Complete Cookbook, 5th Edition, Completely Updated with SmartPoint® Information! Weight Watchers®® knows the secrets for pairing good nutrition with great taste. From hearty breakfasts to flavorful dinners, discover new recipes that rely on lean meats, whole grains, and fresh produce. Try new favorites like Cremini Mushrooms with Quinoa and Thyme or Swiss Chard au Gratin, or family standbys like Buttermilk-Blueberry Corn Muffins and Sicilian Sausage-Stuffed Pizza. Reflecting the current trends in food, this edition boasts new chapters on Appetizers and Beverages, featuring a no-cook cocktail party; Small Plates, for creating tapas for light meals; Meals from the Grill, complete with grilling information; 20-Minute Main Dishes, including shopping and streamlining advice; plus numerous tips and techniques. With more than 60 color photos, this is the book to help make everyone healthier and happier. Includes new SmartPoints values, information on SmartPoints, and updated recipes.

Book Information

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Customer Reviews

MISSING PAGES!!! This book itself is nice, but the index only goes from A through R.....where is the rest of the book? Wish the publisher paid more attention.

The cookbook is put together really well. Plenty of ideas for snacks, meals, desserts, etc. The recipes don't appear labor intensive and the ingredients are easily found in any grocery store. Additionally, it has suggestions for substitutions within many of the recipes and the number of points that entails. Altogether, this is a quality addition to my cookbook selection and helpful for anyone, like me, following the Weight Watchers plan.

Recipes have a lot of ingredients, but they are good.

I've only made 2 recipes so far, but they were delicious. I'm looking forward to trying many more.

Excellent cookbook and in daily use at our home. Healthy delicious recipes of all kinds. Highly recommended.

Interesting recipes, well organized. Have made a few and they've been good.

I find this cookbook very helpful. It is geared for those that are following the Weight Watchers lifestyle. Very helpful in terms of points.

I found several good recipes in this book, but doesn't say if it is using smart points Weight Watchers new point system..

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