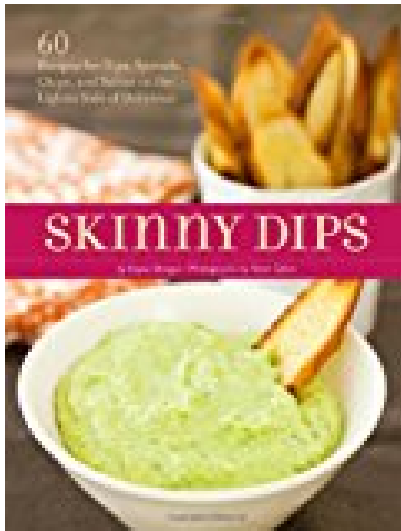


Skinny Dips



BOOK DETAILS

- Author : Diane Morgan
- Pages : 144 Pages
- Publisher : Chronicle Books
- Language : English
- ISBN : 0811871428

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BOOK SYNOPSIS

We all love dips—we just hate what they do to our hips. That's why snack lovers everywhere will be drooling over the scrumptious spreads in this collection of low-calorie, low-fat party dips. Featuring healthful, guilt-free twists on all the fun, flavorful classics from dips and spreads to tapenades and salsas—these festive treats are all about healthy indulgences that are heavy on rich, robust flavors. Complete with nutrition facts for each recipe, party planning advice, and do-ahead tips that make preparation a breeze, *Skinny Dips* makes it a snap to dip and be fit.

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