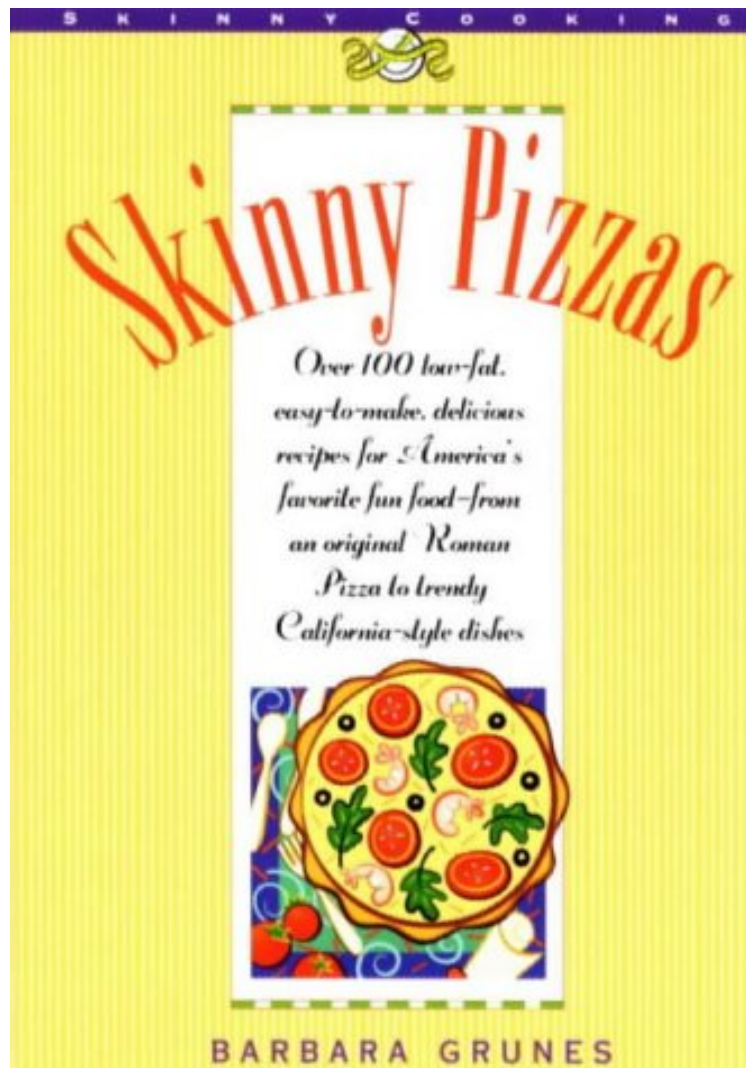


[Mobile ebook] Skinny Pizzas: Over 100 Healthy Low-Fat Recipes for America's Favorite Fun Food (The Popular Skinny Cookbook Series)

## **Skinny Pizzas: Over 100 Healthy Low-Fat Recipes for America's Favorite Fun Food (The Popular Skinny Cookbook Series)**

*Barbara Grunes*

*\*Download PDF | ePub | DOC | audiobook | ebooks*



[Download](#)

[Read Online](#)

#4282460 in Books 1996-03 Original language: English PDF # 1 10.25 x 7.25 x .50l, #File Name: 1572840021180 pages | File size: 48.Mb

**Barbara Grunes : Skinny Pizzas: Over 100 Healthy Low-Fat Recipes for America's Favorite Fun Food (The Popular Skinny Cookbook Series)** before purchasing it in order to gage whether or not it would be worth my time, and all praised Skinny Pizzas: Over 100 Healthy Low-Fat Recipes for America's Favorite Fun Food (The Popular Skinny Cookbook Series):

0 of 0 people found the following review helpful. Not as impressive as some other pizza books I've seen. But it's

alright. By Michael Gmirkin Bought this because it was cheap. Sometimes price follows quality... Seems like this book is a bit lighter on variety than some other similar books (my current favorites being Vegetarian Pizza Cookbook and 500 Pizzas Flatbreads). That is to say, it only offers a couple basic types of pizza crust and a couple basic pizza sauces. Then it gets into actual pizza topping recipes, which are generally decent. Though, again, seemingly not quite as varied as the aforementioned Vegetarian Pizza Cookbook or the small, dense 500 Pizzas / Flatbreads tome. If nothing else, it's just good for a few additional recipes / variations. But, if you're looking for the end-all, be-all pizza book, I don't think this is it. Ohh, and it also doesn't really have much by the way of photos. In that regard, the aforementioned books are also far superior, having ample full-color photos, as they should.

2 of 2 people found the following review helpful.

Versatile and very interesting pizzas to tempt your skinny palate

By Eric Flescher There are quite a few very interesting recipes for pizzas that help cut down the fat and calories. Many don't use cheese and are very tasty. There are all types using beef, chicken, veggies, garlic and more. Most have a short list of ingredients and are easy to make. The peppers, garlic, and anchovy pizza was a winner (9.5/10) and there are many more I want to try. Give a try and make a skinny pizza.

These 100 recipes trim away the excess fat, cholesterol, and calories that usually come with Pizza, so that you and your family can enjoy all the great tastes without sacrificing good nutrition.

From Library Journal Grunes is the author of numerous popular cookbooks, including Appetizers on the Grill (LJ 4/15/92) and the best-selling Fish on the Grill (LJ 6/15/86). Her latest title seems a natural, taking on as it does Americans' love for pizza and their current fear of fat. She presents dozens of recipes for low-fat, low-cholesterol, and low-sodium pizzas, from the familiar to the exotic. Most are both good and easy, though the dessert pizzas are generally skippable. It does seem unrealistic, to say the least, to give nutritional information based on 12 servings per 12-inch pizza. That aside, Grunes's latest is likely to be popular. Better Homes Garden Book Club selection. Copyright 1993 Reed Business Information, Inc.