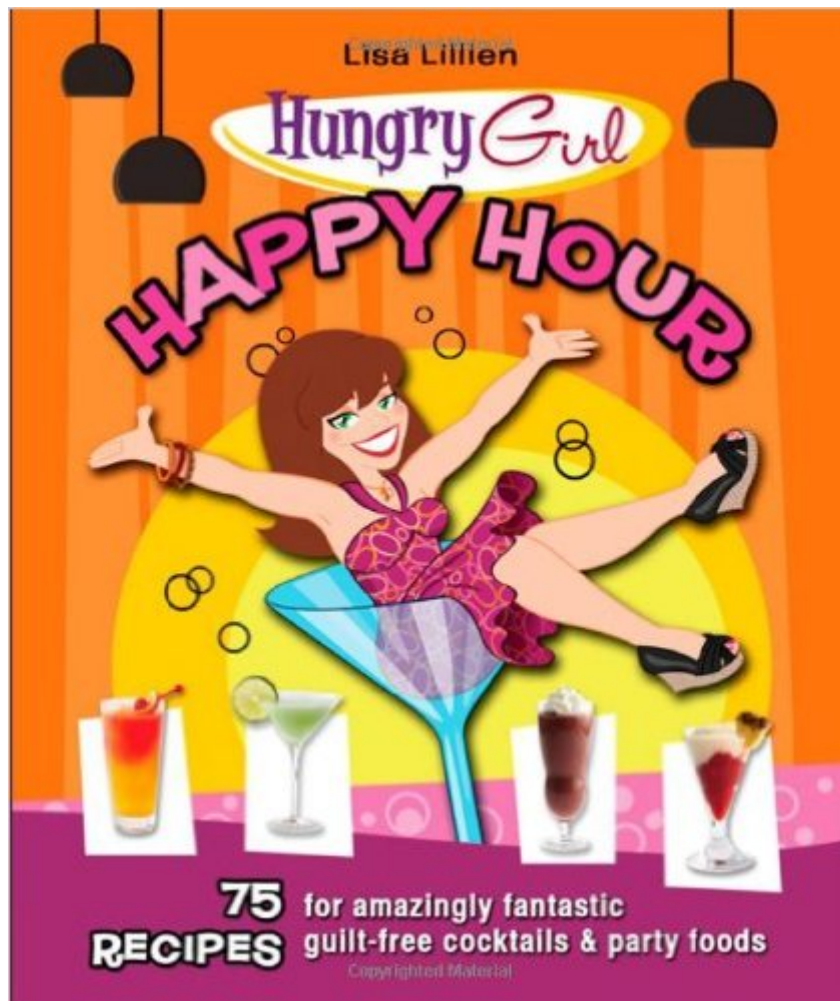


The book was found

Hungry Girl Happy Hour: 75 Recipes For Amazingly Fantastic Guilt-Free Cocktails And Party Foods



Synopsis

Hungry Girl Happy Hour

Book Information

Series: Hungry Girl

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Customer Reviews

Thank you Hungry Girl once again. Everyone who ever feels as if they have to give up something, or can't enjoy drinking and party food do stay on "plan" please get this book. Hungry Girl shows us over and over again how we can make better choices by easy substitutions to reduce calories and fat -- but not taste. Please get this book and you will see how you can stay on plan and not feel deprive. I am a Weight Watchers life time/leader and I totally recommend this book - Thank you

I absolutely love this new Hungry Girl book because it is great for getting together with friends and hosting parties, and all of the recipes are low in calories and big on flavor. This book has so many great appetizers ideas that taste so good, but you don't have to feel guilty eating more than one. The cocktails are revamps of your favorites with a lower calorie content. Another great book by Hungry Girl and a great book to use when you want to throw the perfect party!

After reviewing the book on [with Look Inside](#) I knew I wanted to see more of the recipes. For just \$6 it wouldn't take much to make the purchase "worth it," but I was worried that this was classified as a bargain book. According to [, "bargain books are new but could include a small mark from the](#)

publisher and an .com price sticker identifying them as such." I wanted to pick up a few of these for future gifts, but not if there was a giant "I'M A CHEAPSKATE" sticker plastered over cartoon Lisa's face. I ordered one for myself and was pleasantly surprised to find that the bargain book marking was a single black dot across the bottom of the pages near the spine that looked to come from a regular fine point Sharpie. Once my uncertainty about the marking was clarified, I ordered several more. Each was very similar in marking; none had the giant sticker I was concerned about. Once I flipped through the rest of the book, I found the recipes quite inspiring. I'm excited to try some out! Many of the drink recipes rely heavily on calorie-free sugar-free flavored syrups, which come in several flavors for slightly over \$4 at my local Sam's Club. I plan to pick up the more obscure flavors at World Market. I've already given one of these as a gift, and the recipient was thrilled. I'm looking forward to gifting the rest and sharing these new recipes with friends.

Great book for a girls night in. I pick 2 drinks and 2 food recipes to try when friends or family come over. Much better than going out!!!!

This book is great. I love all the Hungry Girl Recipes, but the ones in this book really are crowd pleasers. This book is a must to have on-hand for party-throwing or any sort of get together. While many of the books have recipes that are super healthy, these recipes can fool even the most stubborn, picky, and high-calorie loving people. In fact, you;d never even know they weren't bad for you. I discovered drinks I never thought I'd like, and they were so simple. In addition to drinks, the recipes for dips and appetizers are also amazing. They really top-off the party and are easy and delicious. I highly recommend this book, whether you are familiar with Hungry Girl or not. I'm going to give it as a gift- a great touch to bring over to a friends house because its useful, and believe me, there is something for everyone!

This handy little book is great for entertaining. The appetizers are great! The drinks are amazing! And your party guests will not know what they're missing fat, calories, and guilt. I used Hungry Girl's recipe for Bloody Marys to make a couple of pitchers for a party we had. The challenge: the guests had all tried Bloody Marys before, and had a favorite I was competing with the Bloody Marys made on the Holland America cruises. No pressure. When I poured these Bloody Marys to serve, our guests were amazed ... the recipe tasted just like their all-time favorite. SUCCESS! Thank you, Hungry Girl! And I highly recommend the Banana Split beverage! DELICIOUS!

I haven't tried these recipes but they are interesting and that's what my review is based on. Good variety of vegetables to balance the fattening cheeses. Fairly easy to make and not too time consuming. Not exactly health conscious as some recipes call for diet soda but you can get around that. And awareness really counts when it comes to sugar free ingredients as some are dangerous. But that's also something you can try getting around. She calls these guilt free recipes and I think she's completely wrong on that as the calorie count can be high. From the cheeses to the sodas and fruit juices you're going to take in a fair amount of calories. I like the book a lot but her description on the cover is very misleading. That being said it's a good party book.

Her recipes are just incredible and this new book is no exception! I have lost 70lbs so far and have about 30 more to go. All of her tips/recipes have gone to the top of my list.....and many of my friends too. Thank you Lisa for all of your hard work in bringing everything our way.

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