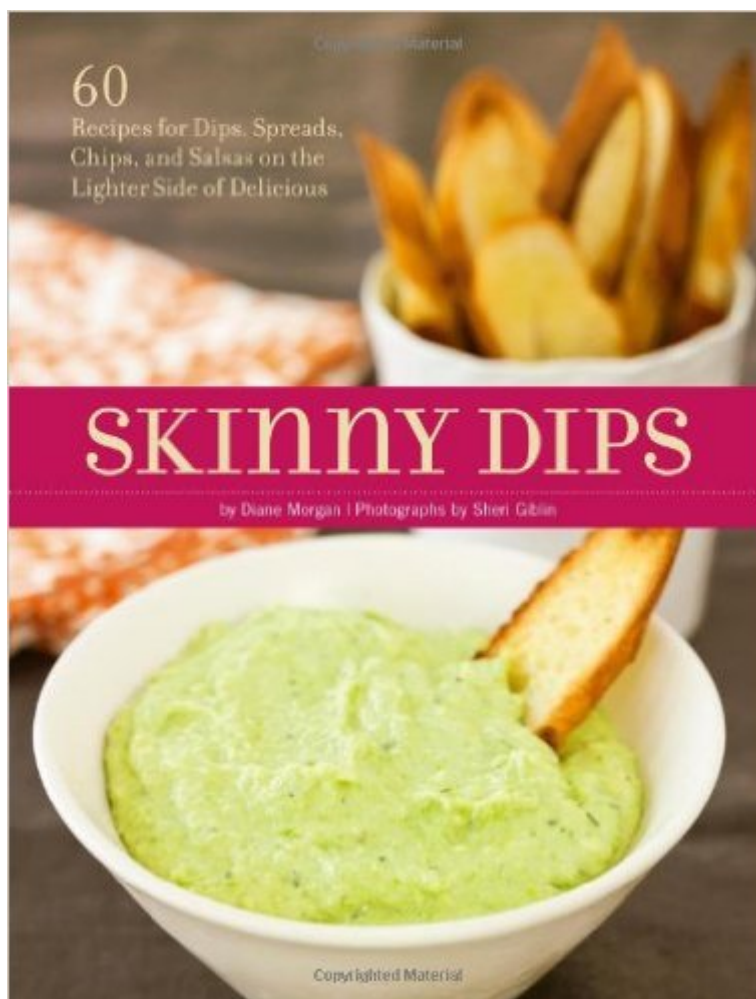


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# Skinny Dips



## 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.

## Book Information

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Average Customer Review: 4.6 out of 5 stars [See all reviews](#) (34 customer reviews)

Best Sellers Rank: #400,659 in Books (See Top 100 in Books) #70 in [Books > Cookbooks, Food & Wine > Main Courses & Side Dishes > Sauces & Toppings](#) #388 in [Books > Cookbooks, Food & Wine > Special Diet > Low Fat](#)

## Customer Reviews

I bought this book after spotting it in a gourmet foods store. I was impressed with the diversity of recipes for party dips and spreads. I really like that the book is divided into different types of dips, for example, bean and tofu, meat, salsas, and others. The first recipe I made from the book was the Curried Pumpkin Hummus for a luncheon with my parents and future in-laws. I added in an extra half-tablespoon of honey and a teaspoon of nutmeg (my favorite spice), but otherwise made the spread exactly from the book. Even my mom, who despises curry, loved the dip and everyone at the party wanted the recipe! What I like best is that the recipes don't have exotic ingredients that you have to go all over town for; I think you can get nearly everything from your supermarket. And while we do have a food processor, you can make most of the recipes without one. Another bonus is the nutritional information that comes with every recipe. It tells you how many cups of the recipe is made, and how much the serving size is, for example, 2 tbsp., which is a good change from "Makes approx. 8 servings." The book also recommends which "Skinny Dippers" go best with each recipe,

for example, the hummus recipe goes best with chips or pita. I can't wait to dig in to some of the other recipes. They really do take minimal prep time and have big flavor!

It isn't often you find a cook book of light recipes that are filled with ingredients you probably already have stocked in your kitchen pantry. Skinny Dips is filled with recipes of just that -- simple to prepare, every day ingredients, and delicious! I have prepared several of the recipes, served them to friends and family, and have yet to find one we didn't like!

No seriously, I'm a dip fanatic. I can make that dish in the form of a dip? WELL OKAY! This book was on my wish list for ages and finally one day, I took a chance and I said "Fudge it, I'm just going to buy it!" And I'm glad I did. I've never tasted so many delicious dips in my life. I would totally recommend this!

Great Cookbook with a lot of fun ideas, I really like this because is so different from a typical cookbook and gives you a way to bring fun and healthy snacks to any party!

This is a great little cookbook with beautiful photos that inspire me to try many of the recipes. The fact that they are made with low fat ingredients is a plus for those who need to cut back on calories, but the regular full-fat versions can be easily substituted with good results. The cookbook chapters include vegetable and herb dips; salsas, guacamoles, and tapendes; cheese and tofu dips, bean and legume dips, meat and seafood dips, and crudites and other skinny dippers. Some of the dips are hot or baked and others are simply mixed in a bowl and chilled. I didn't notice any ingredients that couldn't be found in a larger grocery store, and the recipes all seem easy. I have bookmarked several recipes to try, including Parmesan Spinach Dip, Tomatillo Guacamole, Roasted Tomato Spread, and Bacon and Bean Dip, plus several versions of hummus. I did make the Three-Cheese Pepperoncini Dip which my family enjoyed both as a dip for veggies and chips and as a topping for baked potatoes. My only question with this recipe is that there weren't three cheeses in it unless the author counts sour cream as a cheese (the other two were cottage cheese and cream cheese). Even so, it turned out well and I'll make it again. This is a cookbook I know I'll use and can recommend it as a good addition to any cook's collection. I received a copy of this book from the publisher but the opinion of it is my own and was not solicited, nor was a positive review required.

This is an excellent cookbook. We love dips for the summer and these unique recipes make it much

more exciting than your staple sour cream/chive dip. The mango salsa is awesome. So glad I got it, now my mom and sister-in-law are ordering it!

The only thing skinny about these dips is that they use reduced fat sour cream/cheese/mayo. Not the healthy dip gold mine I was looking for

For any party or just for yourself at home. Perfect for people on weight watchers. Most dips 0 - 2 point plus values. And delicious.

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