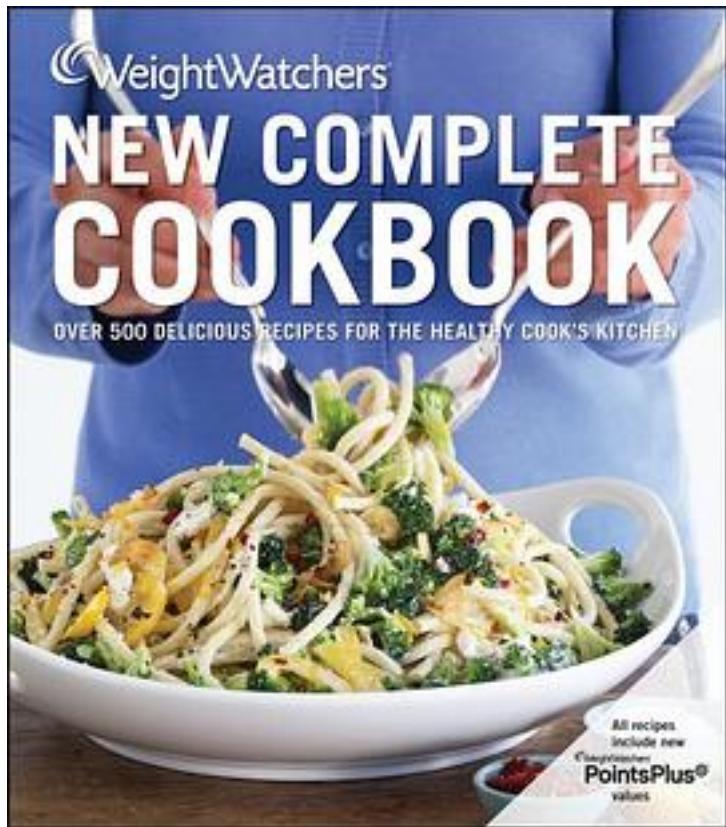


# Weight Watchers New Complete Cookbook



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著者:Weight Watchers

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Diet fads come and go, but the proven program that people get with and stay with is "Weight Watchers". Now this thoroughly revised edition makes weight loss easier and more delicious than ever. It's completely up to date with the latest "Weight Watchers" FlexPoints Weight Loss Plan—the simple, flexible way to achieve weight-loss goals without giving up favorite foods. From appetizers to desserts, it's packed with fresh, flavorful recipes that everyone will love, even friends or family members who may not

be watching their weight. Readers will find variety on every page, whether they're looking for a quick and easy weeknight dinner or something special to spice up a weekend brunch. Keema Samosas, Roasted Broccoli with Cumin-Chipotle Butter, Chocolate Fondue-with choices ranging from classic comfort foods to zesty international dishes, boredom is never on the menu. The book also features: more than 500 healthy recipes, including core recipes and points for every recipe; an all-new chapter on holiday baking around the world; information on the most recent Weight Watchers FlexPoints Weight Loss Plan; complete nutrition information-including trans fats; handy recipe icons (for 20 minutes or less, 5 ingredients or less, 5 points or less, and fiery hot recipes); and helpful cooking tips, how-to's, substitutions, and leftover ideas 60 beautiful full-color photographs.

作者介绍:

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