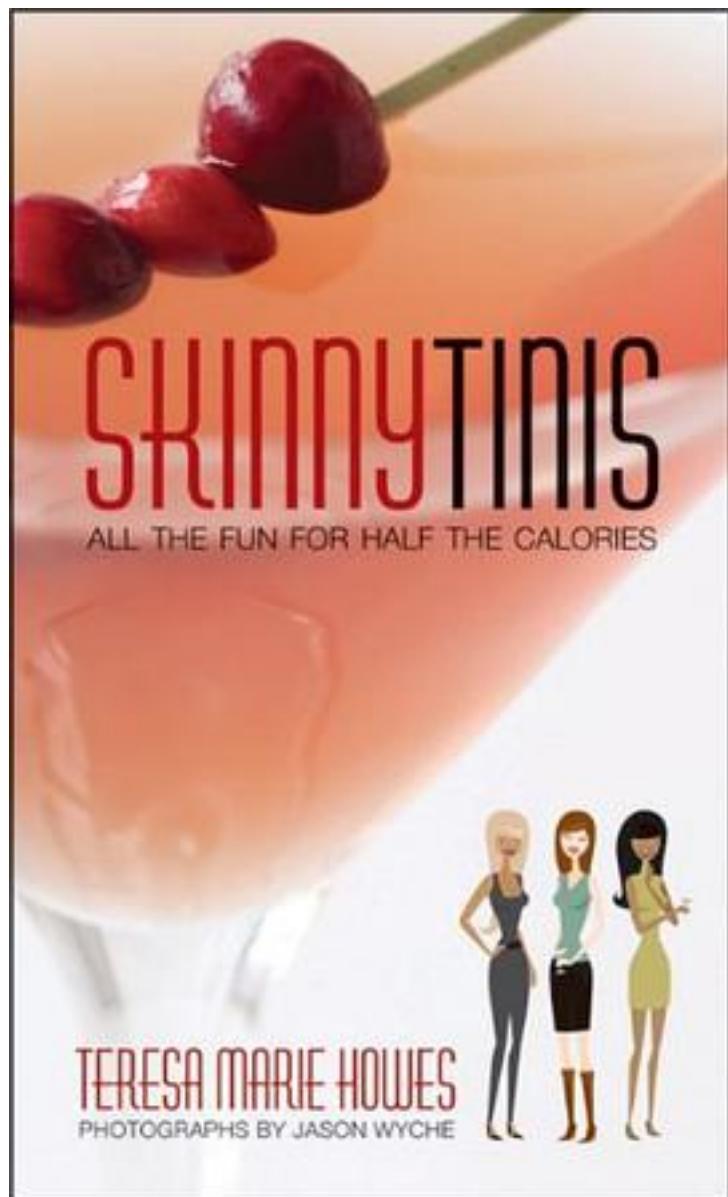


Skinnytinis



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"How do we maintain or lose weight without giving up small pleasures in life like a night out on the town with the girls or a stiff martini after a long day at the office? That was the question that prompted me to begin looking at alcohol differently. Instead of trying to avoid it, I'd prefer to find ways to modify recipes and habits so I can still enjoy my favorites. Hence the advent of SkinnyTinis I was so proud of my concoctions and revelations that I felt compelled to share them with the rest of the social drinkers who share my struggle. The recipes in this book have been tested, and users have rated them just as tasty as their high-calorie counterparts (if not tastier). The only difference? They have less than half the calories." --from the Introduction

作者介绍:

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