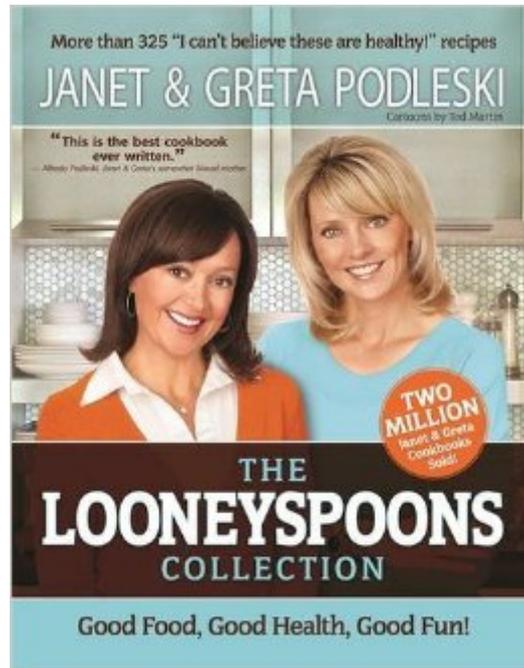


The book was found

The Looneyspoons Collection: Good Food, Good Health, Good Fun!



Synopsis

Lick your lips and shrink your hips with THE LOONEYSPOONS COLLECTION Jam-packed with the best of the best • Janet & Greta recipes made even BETTER! Better carbs Better fats More fiber Less sugar Less salt Same great taste that won't go to your waist! TLC features outrageously delicious, reader-favorite recipes from Janet & Greta's incredibly popular cookbooks Looneyspoons, one of Canada's all-time bestsellers; Crazy Plates, a James Beard Foundation Award finalist; and Eat, Shrink & Be Merry!, voted Cookbook of the Decade 2000-2009 by Chapters/Indigo Books | plus TONS OF NEW, MUST-TRY RECIPES, including: Greta's Gluten-Free Miracle Brownies Chewy, moist, double-chocolate fudge brownies Honey, I Shrunk My Thighs! Mouthwatering, honey-garlic baked chicken thigh that will leave everyone begging for more Moroccan and Rollin' Quinoa Salad The super-grain becomes super-scrumptious when paired with rockin' spices Pimped-Out Pumpkin Pie Pancakes One taste and you'll say, "Thanks (for) giving me this fabulous recipe!" • Diabetic? Looking for gluten-free or vegetarian options? Counting points? Cooking for finicky kids? The Looneyspoons Collection makes healthy eating delicious and fun for everyone! A feast for your eyes and your taste buds, TLC is overflowing with gorgeous, full-color food photos; hundreds of practical weight-loss, anti-aging and healthy-living tips; and, of course, a heaping helping of Janet & Greta's trademark corny jokes and punny recipe titles.

Book Information

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Weight Loss

Customer Reviews

Hubby and myself love to cook and at last count, we're close to 400 cookbooks. We have a 'special

place' for all of Janet and Greta's books but their latest (Looneyspoons) just lives in the kitchen because we use it all the time. From decadent desserts to full-blown dinners to serve company (and our friends are amazing cooks and FUSSY!), we have never come across a book like theirs that offers everything. The list of ingredients is filled with fresh and love that almost every recipe incorporates herbs and spices. I've introduced their book to many and the feedback from newbies is they don't feel intimidated and say: "I can do this!" and knowledgeable cooks are amazed at the outcome and have since done away with complicated recipes since they get the end result as if they were in a Five Star restaurant (seriously). Every recipe I've ever made (and that's many) are always a 10/10 in our house. We always grade a new recipe! Even though they don't have a new show on the cooking channel, you must check out their re-runs to see the challenges they've done in changing "old recipes" and have adapted them into new ones that are SO much healthier and without all the fat and vein-filled cement. They put REAL FOOD into the recipes instead of a bunch of salt-and-sugar-laden items. Someone here mentioned they prefer fresh foods and while I agree that some canned foods are not preferred, frozen vegetables are most often picked at their prime and flash frozen and quite often, better than fresh. Okra is a good example. Also, if you see something that calls for something canned like corn, you can always buy a fresh ear of corn and takes seconds to slice it off.

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