

Winter Warmers: Over 60 Warming Recipes Low in Points (Weight Watchers)



Weight Watchers is the name that everyone associates with weight loss. For the past 35 years the organisation has helped millions of people in the UK lose weight. This series of bright, modern cookbooks allows dieters to eat the food they love, but in healthy, low-fat versions. Winter can be a bit glum for dieters. No one feels much like salad while the rest of the family are tucking into hearty casseroles and calorific puddings. Winter Warmers has a great selection of satisfying and warming food, but in low fat, low cal versions that can be easily incorporated into anyone's diet. There are stews, casseroles, savoury bakes and some very decadent-sounding puddings and desserts. And, since winter is especially full of those occasions that spell danger to the dieter (Christmas lunch, family get-togethers, bonfire night office parties), there's a whole section devoted to festive and party food. All of which means that when winter finally ends you can wear those summer clothes with pride!

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