

Skinny Dips

Diane Morgan

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We all love dipswe 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 salsasthese festive treats are all about healthy indulgences that are heavy on rich, robust flavors. Complete with nutrition facts for each recipe, party planningadvice, and do-ahead tips that make preparation a breeze, *Skinny Dips* makes it a snap to dip and be fit.





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