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Hungry Girl Happy Hour: 75 Recipes For Amazingly Fantastic Guilt-Free Cocktails And Party Foods



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Synopsis

75 Recipes for Amazingly Fantastic Guilt-Free Cocktails and Party Foods

Book Information

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Customer Reviews

Product Description Amazingly delicious guilt-free recipes for any fun-filled cocktail party! Margaritas and cosmos and mudslides, oh my! Blended drinks, mixed drinks, fruity drinks . . . any and every cocktail you desire is here in Hungry Girl Happy Hour, and theyÃ¢â ¬â„¢ve all got HGÃ¢â ¬â„¢s guilt-free guarantee! Also included are recipes for Hungry GirlÃ¢â ¬â„¢s delicious, decadent, party-pleasing finger foods and appetizers. Indulge in: Ã¢â ¬Â¢ Cocoa-nut Banana Rum-ble Frenzy (188 calories) Ã¢â ¬Â¢ Hungry, Hungry Hurricane (132 calories) Ã¢â ¬Â¢ Blendy Bananas Foster (227 calories) Ã¢â ¬Â¢ Red Hot Cinnamon Shots (98 calories) Ã¢â ¬Â¢ Spiked Strawberry Shake (204 calories) Ã¢â ¬Â¢ Black Forest Jell-O Shot Desserts (49 calories) Plus: Ã¢â ¬Â¢ Buff Chick Hot Wing Dip (68 calories) Ã¢â ¬Â¢ De-Pudged Pigs in a Blanket (134 calories) Ã¢â ¬Â¢ Bacon-Bundled BBQ Shrimp (116 calories) . . . And much more! Recipes from Hungry Girl Happy Hour HGÃ¢â ¬â„¢s Magical Low-Cal Margarita Pina Colada Freeze

Lisa Lillien is not a nutritionist, she’s just hungry. She’s the founder of www.hungry-girl.com, the daily email service providing approximately one million fans with guilt-free recipes, food and product reviews, dieting news, shockers and more. She also writes weekly columns for

WeightWatchers.com and Yahoo!, and regularly contributes to Redbook magazine. She has appeared on TV shows like Rachael Ray and Extra, and now has her own show on the Cooking Channel. Her Hungry Girl cookbooks are New York Times bestsellers. She lives in Los Angeles, California.

After reviewing the book on with Look Inside I knew I wanted to see more of the recipes. For just $6 it wouldn’t take much to make the purchase "worth it," but I was worried that this was classified as a bargain book. According to , "bargain books are new but could include a small mark from the publisher and an .com price sticker identifying them as such." I wanted to pick up a few of these for future gifts, but not if there was a giant "I’M A CHEAPSKATE" sticker plastered over cartoon Lisa’s face.I ordered one for myself and was pleasantly surprised to find that the bargain book marking was a single black dot across the bottom of the pages near the spine that looked to come from a regularÃ Â fine point Sharpie. Once my uncertainty about the marking was clarified, I ordered several more. Each was very similar in marking; none had the giant sticker I was concerned about.Once I flipped through the rest of the book, I found the recipes quite inspiring. I’m excited to try some out! Many of the drink recipes rely heavily on calorie-free sugar-free flavored syrups, which come in several flavors for slightly over $4 at my local Sam’s Club. I plan to pick up the more obscure flavors at World Market.I’ve already given one of these as a gift, and the recipient was thrilled. I’m looking forward to gifting the rest and sharing these new recipes with friends.

Love many things about Lisa Lillien and her Hungry Girl line! This is one of them! The drink variations are pretty great! You CAN taste slight differences on many of them, but they’re not for the worse - just different! I’ve found that drinking mixed drinks at bars now almost taste too sweet. I try to stay away from her no-calorie sweetener suggestions. I don’t trust products like Splenda and instead prefer to use more natural sweeteners like honey or agave. But if you’re wanting to throw a few back without adding as many of the calories, this is a great book to have!

This little book is packed with recipes for snacks and drinks and desserts to help you make your party or get together low in calories and high in taste and enjoyment. It is just another great book by Lisa Lillien, but this one is aimed at snacks, drinks and party type foods so that everyone can either have a party or go to one and bring their own low calories snacks and still have a wonderful time. Thanks Lisa :-)

This little book has some cute and fun cocktail recipes! I am happy with my purchase. I do swap stevia in for some of the recipes that call for other types of sweeteners like Splenda.

I haven't tried these recipes but they are interesting and that's what my review is based on. Good variety of vegetables to balance the fattening cheeses. Fairly easy to make and not too time consuming. Not exactly health conscious as some recipes call for diet soda but you can get around that. And awareness really counts when it comes to sugar free ingredients as some are dangerous. But that's also something you can try getting around. She calls these guilt free recipes and I think she's completely wrong on that as the calorie count can be high. From the cheeses to the sodas and fruit juices you're going to take in a fair amount of calories. I like the book a lot but her description on the cover is very misleading. That being said it's a good party book.

Thank you Hungry Girl once again. Everyone who ever feels as if they have to give up something, or can't enjoy drinking and party food do stay on "plan" please get this book. Hungry Girl shows us over and over again how we can make better choices by easy substitutions to reduce calories and fat -- but not taste. Please get this book and you will see how you can stay on plan and not feel deprive. I am a Weight Watchers life time/leader and I totally recommend this book - Thank you

I dig this book out more than I dig any of the other books from Hungry Girl. The food and drinks are perfect for guests and potlucks! Some of them are super easy to make. The book is small so it fits easily in a bar. I love this book!

This is a cookbook I had to have after watching Hungry Girl programs. However, I have never used it and it's just taking up space. Sighhh. I am not a good dieter and hate substitutions but I had to have it-- NOT.

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