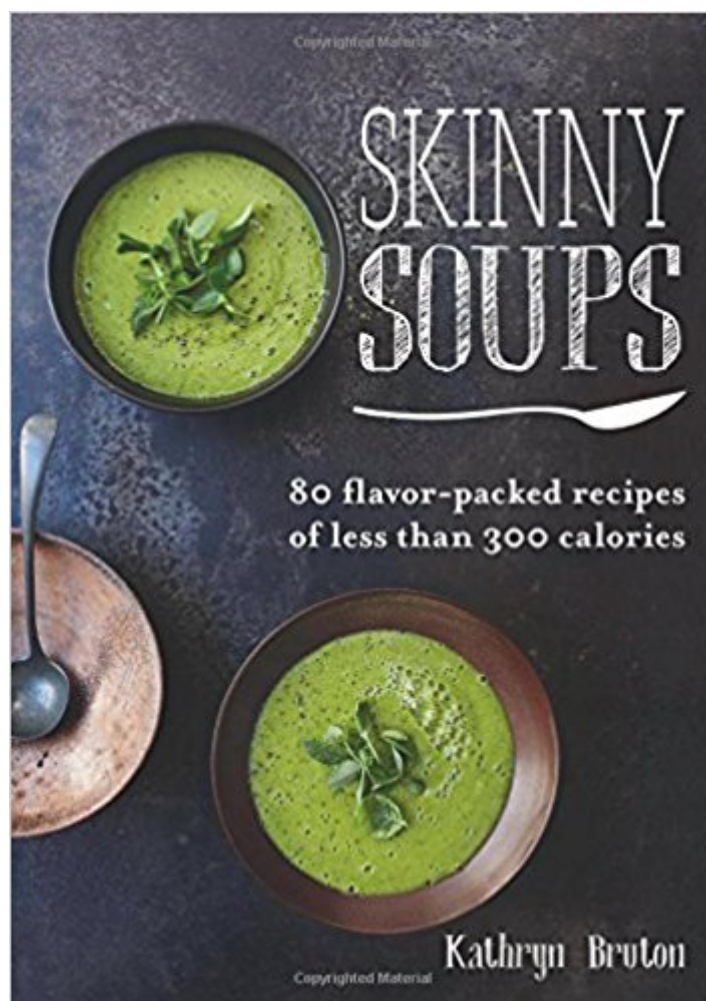


The book was found

Skinny Soups: 80 Flavor-packed Recipes Of Less Than 300 Calories



Synopsis

Let Kathryn Bruton skinny up your soup with 80 delicious recipes using fresh, healthy ingredients that revitalize and nourish your body, mind and soul. Her soups are small on calories, but big on nutrients and full of flavor, including: • Vegetarian, vegan, gluten-free and dairy-free options • 15-minute soups for when you're short on time • Smooth soups, chilled soups, broths and consommés • Superfood soups for an extra health boost • Low-calorie sides and breakfast bowls Whether you want something warming and comforting, invigorating and revitalizing, or wholesome and satisfying, there's a recipe for you.

Book Information

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Customer Reviews

“Join blogger Kathryn Bruton and explore the world of skinny soups that are big on flavor, low in fat and beautiful to behold.”
— Food Republic (Food Republic)
“Kathryn Bruton's new cookbook Skinny Soups is a must in making your menus this year. These warming bowls of comfort food are perfect for winter and for keeping with your resolutions. Plus, the book contains sides like whole grain breads or crackers and sauces to take the simple soup to the main dish stage. Love soup year round? No worries! Kathryn has included recipes for cooling chilled soups, too.”
— Honest Cooking (Honest Cooking)

Kathryn Bruton is a food stylist, recipe developer, and blogger. Born in Ireland, she moved to Edinburgh to study fashion, but realized her real passion was food and switched to a diploma in cooking at The Edinburgh School of Food and Wine. She now lives in

Yummy recipes for vegetarians....thanks!

Good book and service.

Nothing looked good enough to make.

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