



## The Fat-free Junk Food Cookbook: 100 Recipes of Guilt-Free Decadence

*By J. Kevin Wolfe*

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With luscious recipes for everything from Chili-Cheese Crunches to Mocha Kahlua Sherbet, The Fat-Free Junk Food Cookbook puts an irresistibly fresh spin on healthy cooking for the whole family. 10 illustrations. 128 pp. National publicity. 20,000 print.

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### **Editorial Review**

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Why recommend this title when the number of fat-free recipes probably exceeds the number of dieters in the U.S.? For two reasons: Wolfe's wicked sense of humor (e.g., one of his ideas for the disposition of unused egg yolks is to "blend them with latex for a beautiful yellow paint. Note, however, that the room may take on the smell of sulfur."), and concrete ways to recognize and deal with food cravings instead of ignoring the pangs. And these methods not only feature 100 junk-food-like recipes but also include some very practical coping techniques and weight-loss guidelines, such as tricks to avoid gaining poundage during the holidays and instructions for reading food labels between the lines. For convenience treats for the entire family, from easy cheesy fondue to death-by-chocolate-and-then-gone-to-heaven pudding. *Barbara Jacobs*

From the Inside Flap

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From the Back Cover

From Scorching Nachos to Crunchy Caramel Corn, here are more than 100 recipes for snacks that look, sound, and taste like indulgences - but aren't! In chapters like Concession Stand Snacks, Sweet Treats, Fresh from the Bakery, and Yes, You Can Have Dessert, dubious dieters will find such reassuring recipes as Cream-Puffed Chocolate Cupcakes, Blue Cheese Potato Salad, Wicked Cinnamon Rolls, Rocky Road Brownies, and miraculously Fat-Free Drippin' Burgers. With helpful tips on making no-fat substitutions, coping with periods of weight-loss backsliding, and dealing with all those leftover egg yolks, The Fat-Free Junk Food Cookbook makes fat-free fabulous.

### **Users Review**

**From reader reviews:**

**Ronald Brun:**

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