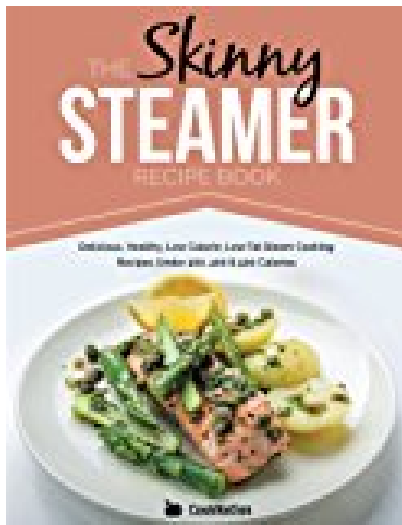


# The Skinny Steamer Recipe Book

## Delicious Healthy Low Calorie Low Fat Steam Cooking Recipes Under 300 400 & 500 Calories

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### BOOK DETAILS

- Author : CookNation
- Pages : 96 Pages
- Publisher : Bell & Mackenzie Publishing Limited
- Language : English
- ISBN : 1909855677

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## **BOOK SYNOPSIS**

The Skinny Steamer Recipe Book Delicious, Healthy, Low Calorie, Low Fat Steam Cooking Recipes Under 300, 400 & 500 Calories If you think your steamer is just for cooking vegetables think again! This brand new collection of delicious poultry, vegetarian, seafood & meat dishes are fast, fresh, fuss free, low fat and low calorie. Designed to help you make the most of your steamer, all our skinny steaming recipes fall below 300, 400 and 500 calories - which is perfect if you are following a calorie controlled diet or are keen to maintain and manage your weight! Every recipe serves two people and can be prepared in minutes. Versatile, simple & healthy.... there has never been a better time to start steaming. Includes over 60 recipes, cooking charts and tips. You may also enjoy other titles from the Skinny calorie counted series. Just search cooknation on Amazon.

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