



Weight Watchers Freestyle 2018 Cookbook: Discover Fat Weight Loss Rapidly (Smart Points Cookbook) 35 Recipes (Paperback)

By Giorgio James

Blurb, 2018. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Are you looking for delicious recipes that are not only easy to prepare but will also accelerate your weight loss rapidly? Dishes that will fill you up and will not make you feel cringing in hunger? Weight Watchers Freestyle 2018 Cookbook: Discover Fat Weight Loss Rapidly (Smart Points Cookbook) 35 Recipes With Photos provides you with mouthwatering recipes that are filling yet will still help you keep the weight off. Here s a free sample what you ll see in this book: Weight Watchers Freestyle 2018 Recipes Baked Cherry Pancakes Serves: 5 Prep Time: 14 mins Cooking Time: 22 mins Ingredients: -1/2 cup whole-wheat flour -1/2 cup unsweetened almond milk -1 teaspoon vanilla extract -1/4 cup almonds, chopped -1 teaspoon olive oil -1/8 teaspoon ground cinnamon -3 eggs -1 tablespoon butter, melted -2 cups fresh sweet cherries, pitted and halved - Pinch of salt Directions: 1. Preheat the oven to 450 degrees F. 2. Add olive oil in an ovenproof skillet, and place the skillet into oven. 3. Mix together flour, cinnamon and salt in a bowl. 4. Add eggs, almond milk, melted butter and...



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