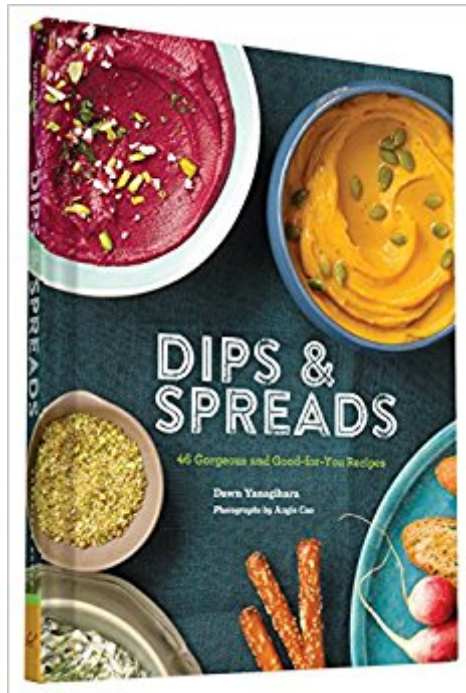




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Dips & Spreads: 46 Gorgeous And Good-for-You Recipes



Synopsis

Everyone loves a good dip, but these dips love you back. There's no mayo- and sour cream-laden guilt here! These festive, healthful options are a snap to whip up, travel well, and are sure to be the talk of the party. With inspiration from the Middle East, the Mediterranean, Asia, and the Americas, these 45 go-to recipes featuring root veggies, legumes, pulses, and nuts are guaranteed palate and waistline pleasers.

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Customer Reviews

Dawn Yanagihara is a professional recipe developer and tester, food writer, and editor. She lives in San Francisco. Angie Cao is a food and lifestyle photographer based in San Francisco.

As great as I expected, some new twists and well done! Thanks...

My daughter loved this book! She cannot wait for her garden to grow to use fresh vegetables!

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