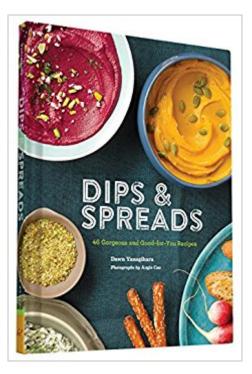


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Dips & Spreads: 46 Gorgeous And Good-for-You Recipes





Synopsis

Everyone loves a good dip, but these dips love you back. There's no mayo- and sour creamâ "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.

Book Information

Hardcover: 128 pages Publisher: Chronicle Books (November 24, 2015) Language: English ISBN-10: 1452149089 ISBN-13: 978-1452149080 Product Dimensions: $6.2 \times 0.8 \times 8.2$ inches Shipping Weight: 1.6 pounds (View shipping rates and policies) Average Customer Review: 5.0 out of 5 stars 2 customer reviews Best Sellers Rank: #248,118 in Books (See Top 100 in Books) #67 in Books > Cookbooks, Food & Wine > Entertaining & Holidays > Appetizers #481 in Books > Cookbooks, Food & Wine > Cooking by Ingredient > Natural Foods #698 in Books > Cookbooks, Food & Wine > Main Courses & Side Dishes

Customer Reviews

Dawn Yanagihara is a professional recipe developer and tester, food writer, and editor. She lives in San Francisco. Angle 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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