

## Slimming Worlds Everyday Italian: Over 120 Fresh, Healthy and Delicious Recipes



The UK's leading slimming organization shows you how healthy Italian food can be and how it can in fact help you to lose weight. The simple delicious recipes embrace the Italian love of wholesome food ensuring you won't go hungry. From tasty starters, such as Tuscan Bean Soup, to main courses such as a Creamy Smoked Salmon Pasta with Dill, Steak Tagliata with Roasted Vine Tomatoes, or Pumpkin, Chilli and Sage Risotto, you can experience the best of Italian cooking in your own home. There are even plenty of irresistible guilt-free desserts, including Chocolate and Banana Tiramisu and Raspberry Panna Cotta. Packed with all the nutritional, diet, and lifestyle information you need if you're following the Slimming World food optimizing plan, as well as more than 120 delicious recipes, this book is ideal for slimmers or simply anyone wanting an exciting selection of healthy, flavoursome dishes.

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