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# The Skinny Ice Cream Maker: Delicious Lower Fat, Lower Calorie Ice Cream, Frozen Yogurt & Sorbet Recipes For Your Ice Cream Maker



## Synopsis

#1 Best Selling Author  
The Skinny Ice Cream Maker  
Delicious Lower Fat, Lower Calorie Ice Cream, Frozen Yogurt & Sorbet Recipes For Your Ice Cream Maker  
Everyone loves Ice Cream - from soft and creamy classics, indulgent and rich ripples to daring, exotic and delectable concoctions - ice cream is the king of treats. Now with The Skinny Ice Cream Maker you can enjoy your favorite treat anytime | guilt free!  
Written to suit any modern ice cream maker, our Skinny recipes are all lower in fat, calories and sugar than many traditional full fat recipes, are simple and quick to make and will rival the taste and texture of many store-bought tubs. By following our simple recipes and ingredients you can be making delicious lower fat, lower calorie "skinny"™ ice cream in no time.  
Based on over 70 of the most popular ice cream, frozen yogurt and sorbet recipes we've made our recipes "Skinny" by replacing some key ingredients with lower fat/calorie alternatives without compromising on taste!  
So what are you waiting for? Dive into a world of "Skinny Ice Cream" Making Now!  
You may also enjoy CookNation's other books. Just search 'CookNation' on [www.cooknationbooks.com](http://www.cooknationbooks.com) [www.bellmackenzie.com](http://www.bellmackenzie.com)

## Book Information

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## Customer Reviews

I just downloaded this book (and will shortly be deleting it) and thought potential purchasers should be aware that almost every recipe uses Splenda, many use Jello pudding or custard mix, and several use canned fruit. If you're looking for an ice cream cookbook utilizing those ingredients, this may be the book for you. Several of the recipes called for nontraditional ingredients like avocado, which didn't appeal to me as ice cream flavoring, but again, if you're looking for "adventurous" ice

cream recipes that use things like Wasabi, maybe this is for you. It just isn't to my taste.

Only buy this if you enjoy the taste of Splenda, enjoy Jello and want to spend more money on making ice cream than buying it!"It might be more expensive to make at home but rewards in taste and texture for outweigh the cost. You can feel good about knowing that your homemade ice cream is free of many of the artificial flavorings, preservatives and emulsifiers that commercial ice creams contain to prolong their shelf life" Is the quote that I find completely ridiculous! Almost every recipe calls for Splenda and Jello. Jello is FILLED with artificial flavors, colors and GMO's. Splenda is not the only substitute for sugar and it's not the healthiest! I make home made ice cream all the time. I am always looking for new recipes which is why I bought this book. Making your own ice cream does not have to be more expensive but it can be more healthy by using good ingredients.

I loved this book. Great advice on what ice cream makers to get! Great recipes that are awesome if you are trying to stay away from sugar and the fattening side effects of ice cream... but still craving and needing that sweet joy of frozen yumminess.I thought the recipes were both easy to follow, easy to make, and especially easy to modify. This book was great incentive to go get a good ice cream maker and start enjoying. From ice cream to yogurt, making the flavors I really wanted in the way that I wanted them for less than I could buy at the store, and made my way made all the difference to me. I would recommend this book to anyone who has the desire to make great frozen confections and still manage fat and sugar content.

I LOVE ice cream and this book lets me love it even more. Lots of flavor ideas which I have really been enjoying making. Easy to find ingredients and best of all they are lower fat than those I usually make at home. The frozen yogurt recipes are good too. Lots to like!!

Recipes look GREAT, but could not find the 'yields' for the recipes. Am I not looking in the right place(s)? Have I overlooked something?Will continue looking or just try a recipe and see how much it makes.

this book has so many good low fat and calories recipies in it you will be making ice cream all the timeat least you know what is in the ice cream

I was looking for good recipes for natural ice creams and sorbets, not recipes loaded with the

chemicals contained in artificial sweeteners. If you like artificial sweeteners, you will probably enjoy these recipes. However, if you prefer natural ingredients, don't waste your time with these.

I cook a lot so most terminology is familiar to me but what is "low fat cream" and WTH is runny honey? If you're going to use these in your recipes, there should be no question what they are. Address this in the front where the tools and ingredients are discussed or include a glossary. I'll be deleting this book as soon as I hit submit.

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