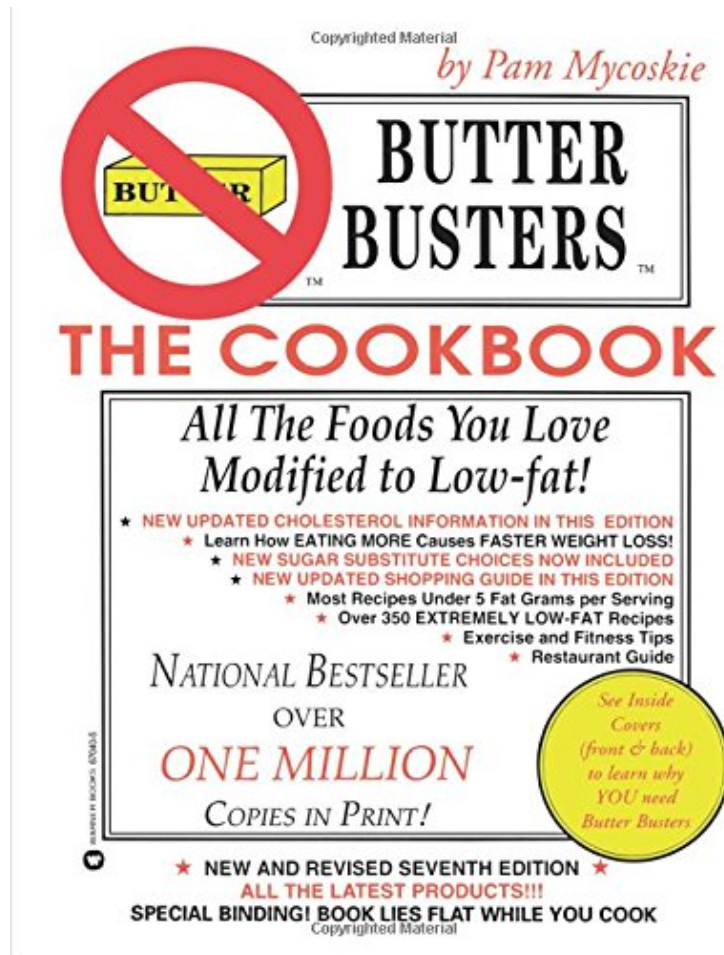


## Butter Busters

*Pam Mycoskie*

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**Pam Mycoskie : Butter Busters** before purchasing it in order to gage whether or not it would be worth my time, and all praised Butter Busters:

0 of 1 people found the following review helpful. Five Stars By earlene miller this is an excellent cook book 1 of 4 people found the following review helpful. 5 stars, but only for the right person By T. Reinhardt This is a huge (almost 500 page) cookbook/lifestyle book on how and why to live almost fat free. This type of lifestyle change takes a huge commitment that most people can not sustain. That said, some can and do. For those people this book would be an excellent resourse. Along with many recipes there are brand suggestions that I rarely see and grocery store suggestions that I don't believe I have ever seen. She also gives suggestions about products she especially likes as not all fat-free products are equal in taste appeal. I think that this book has an \*all or none\* slant to fat which may or may not be a

good thing. Some people who could benefit by adding some of these recipes into their diet might be turned off by this approach. It's unfortunate. There are good options and choices here. The book is set up as a plastic spiral and the pages are a bit hard to turn. The pages aren't wipe-able altho they do lay flat. the cover is cleanable. The whole package has a \*community cookbook\* feel. That might be a plus or a minus depending on how you feel about that kind of book, its a bit more personal feeling. The illustrations are a bit of a mixed design. Some more elegant, some more cartoon-ish... nothing garish... NO slabs of horrified suet running from a chubby butcher, thankfully. The recipes, and there are many will help you makeover your favorites. Low-fat pizza, quick spicy chile, mexican lasagna, hot fudge pudding pie, etc. Notably absent are beef dishes.. There are 2. On the otherhand, in the creamy vanilla frosting there is 3 cups of powdered sugar. I have to wonder which is more harmful...a small serving of lean beef or the frosting. To be totally fair... that frosting recipe is really the exception rather than the rule, most sweet dishes call for a sugar substitute. I only added it as an example...that the focus is clearly most on lowering the fat in your diet with this book. Sodium is quite moderate altho some main dishes do hover over 500 mg and some are over 1500 which i consider high per serving. I think this could be an excellent asset for the right person who is extreamly motivated. I think it also could be great for someone who is looking for ideas to add lower fat dishes into their diet or who is willing to take a recipe and adjust it a bit to their liking (ie, to use spray margaine instead of the suggested butter buds, or egg whites instead of the egg beaters or low fat cheese instead of fat free)

14 of 17 people found the following review helpful. This was my lowfat cooking Bible  
By A Customer  
I purchased this book in 1994 when I was approximately 50 pounds overweight. I was just learning about lowfat eating and did not know how to prepare foods for myself and my family that we all would like. I did not want to prepare separate "diet food" for me and regular food for my son. However, with this book, I learned how to convert all the foods I craved, namely sweets and breads, to lowfat. My son especially loved the tortilla soup recipe, and he ate everthing I made from this book without asking "is this diet food?" Using the principles in this book, I lost the 50 pounds and have kept them off for the past 5 years. I recommend this book for anyone who is beginning a lowfat eating regimen and needs guidance on how to start. I have bought other lowfat diet books since 1994 which are good, but this is still my favorite.

A phenomenal, self-published bestseller--now completely revised and updated. This revolutionary new book contains over 350 delicious recipes that use simple substitutions to transform family favorites into very low-fat, healthy foods. Recipes for cakes, cookies, pies, lasagna, pizza, and other dishes.