



Happy Hour: 75 Recipes for Amazingly Fantastic Guilt-Free Cocktails and Party Foods

Lisa Lillien

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Amazingly delicious guilt-free recipes for any fun-filled cocktail party!

Margaritas and cosmos and mudslides, oh my! Blended drinks, mixed drinks, fruity drinks . . . any and every cocktail you desire is here in *Hungry Girl Happy Hour*, and they've all got HG's guilt-free guarantee! Also included are recipes for Hungry Girl's delicious, decadent, party-pleasing finger foods and appetizers.

Indulge in:

Cocoa-nut Banana Rum-ble Frenzy (188 calories)

Hungry, Hungry Hurricane (132 calories)

Blendy Bananas Foster (227 calories)

Red Hot Cinnamon Shots (98 calories)

Spiked Strawberry Shake (204 calories)

Black Forest Jell-O Shot Desserts (49 calories)

Plus:

Buff Chick Hot Wing Dip (68 calories)

De-Pudged Pigs in a Blanket (134 calories)

Bacon-Bundled BBQ Shrimp (116 calories)

. . . And much more!

Happy Hour: 75 Recipes for Amazingly Fantastic Guilt-Free Cocktails and Party Foods **Details**

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Andrea says

This is my second Hungry Girl book and while I like them I always seem mto just get ideas and then adapt them to what I like. I really like Lisa's blog, but I'm not sure I'll keep reading he books.

Kara says

Fun little cookbook suggesting a lot of ways to make the usual cocktails and apps a little less calories heavy - but lets be honest - this still involves alcohol ;-)

Christiana says

Kinda a let down, considering her other ones are so awesome. But if I were having a crazy alcohol party and wanted to watch my weight at the same time, I think this book would be killer.

M says

Many of these recipes sound pretty gross. I only found 4 I'd want to try.

Amber says

This is a small book that can easily fit into a purse for shopping. I like the creativity Lisa Lillien uses in her recipes. Two recipes that suck out to me are pumpkintini and pumpkin nog - how fun! Also, she has some delicious sounding recipes for appetizers.

Nancy says

she's ok, but uses a lot of pre packaged/pre made stuff and sugar free drink mixes in her recipes. that's kind of a turnoff. some of them seem workable and the snacks look yummy.

Kimberly Ann says

Actually MINUS 1 Star!

- ★

This is a freakin' DIET Book..... Diet Happy Hour (Diet anything) makes me VERY Unhappy..... So I will not partake. I do/will NOT consume Splenda, Cool Whip, Sugar Free (chemical laden) anything, Lite soy, or any type of Diet drink. So with this being said, I'm cutting this book down stars.

Although I do not like gin (except on a rare occasion w/ tonic), I KNOW that Traditional Martinis are made w/ Gin, Not Wodka.....

Is a small paperback format w/ drawings and 4 double pages of photos in the center of the book... another minus!

Things to have on hand (as a bartender) is very handy: a variety of glasses (I am surprised she actually uses glass, not plastic); a shaker (these are good, here's my tip use metal, they chill your drinks better & quicker); a blender; measuring cups & spoons; a muddler & a corkscrew; straws; sword shaped toothpicks; little paper umbrellas; and A TIP JAR "you never know"!

Drink recipes include: Kickin' key lime pie martini (cool whip); Mounds bar martinis (all chemical ingredients); Low calorie margarita (powdered sugar free lemonade); Cran-tastic margarita (1 packet Splenda); and (this is where I stop) Lava smash (fat free ice cream, sugar free syrup, & 2 packets Splenda).

I stopped at page 42, I never got to the Diet Munchies..... I'd rather die from real food & real drinks than Chemical concoctions..... Besides SPLENDA mixed w/ alcohol? OH HAIL NO!

I will re-title this to: "The Hungry Girl UN-Happy Hour"

FabulousRaye says

This is not a book I'd normally read. I borrowed it from my local library without really reading the cover. I glanced and saw "HAPPY HOUR" and thought it would be a fun book on cocktails and treats.

I'm definitely not in the demographic for it. I'm not at all a "Hungry Girl". I'm a plus size woman with a culinary arts/mixology background.

I don't use fat-free products or artificial sweeteners. Both are unnatural to me. I also do not diet or deprive myself of normal food.

I was rather horrified by the whole thing.

Beka says

I was only reading it for the party food, so I really didn't get a lot out of it.

Gus says

There are a lot of awesome drinks in here, but many of the party foods are from the other books.

Tamera says

Ok, I confess - it's on my finished reading shelf, but I am still "reading" it. I have made 4 drinks so far, and I have liked three of them. Now, mind you, don't go into this expecting high test "perfect clone" tasting drinks every time - you'll be disappointed. However, I think the author does a great job of satisfying the craving for drinks while staying somewhat healthier and calorie light. I enjoyed the key lime martini, creamy orangesicle, and ultimate margarita. I did not like the Mounds Bar Martini - I think it had too many diet products in it and it tasted fake. I have modified some recipes - instead of cool whip, I will use fat free half and half. I think buying brand name diet products is also important. Two of the drinks "separated" - I think i stirred them too vigorously and the ingredients kinda clump... it tastes fine, but looks bad (my friend couldn't stand the texture). Anyway, I do like the book and it has lots of good ideas. WW points are available on-line. 3/20/11 - Adding some really successful drinks - Cranberry 'Rita, Root beer Float, Bahama Rama and Oh My Mai Thai! The Mai Tai has become a "really like"... Next, I need to try the appetizers!!

Naomi Amezquita says

Awesome way to eat drink and not over do your calorie intake. The recipes are quick, easy, and absolutely delicious. The Low-calorie margarita is the best recipe I've ever had! I make every year.

Sarah says

borrow it
