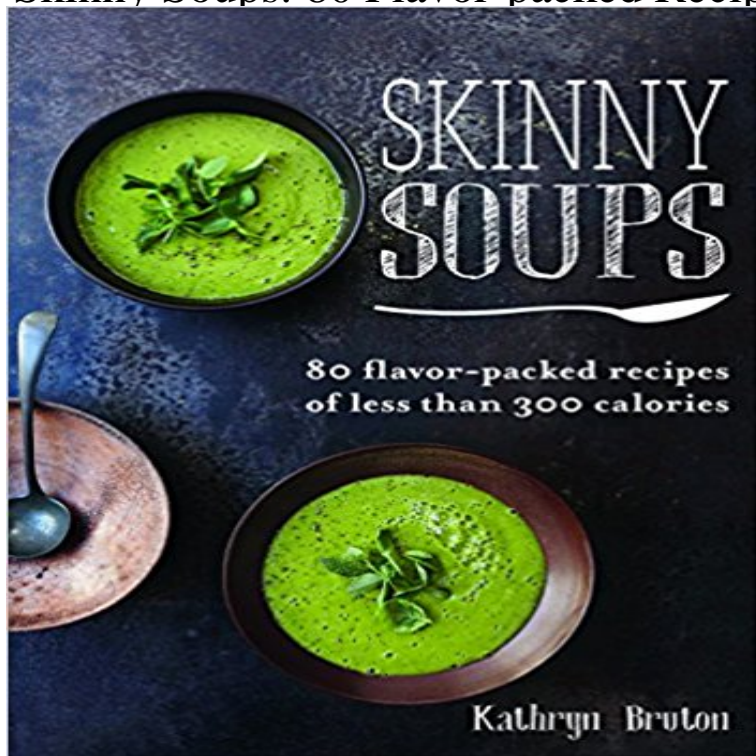


## Skinny Soups: 80 Flavor-packed Recipes of Less than 300 Calories



Let Kathryn Bruton skinny up your soup with 80 delicious recipes using fresh, healthy ingredients that revitalize and nourish your body, mind and soul. Her soups are small on calories, but big on nutrients and full of flavor, including: Vegetarian, vegan, gluten-free and dairy-free options 15-minute soups for when you're short on time Smooth soups, chilled soups, broths and consommés Superfood soups for an extra health boost Low-calorie sides and breakfast bowls Whether you want something warming and comforting, invigorating and revitalizing, or wholesome and satisfying, there's a recipe for you.

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