



gourmet recipes with all the flavor and none of the guilt



THE GUILT FREE GOURMET

Recipes For Healthy Weight Loss and Maintenance

by: DANIEL HALLAK

Cookbook Volume 2

DIPS, SALAD DRESSINGS, APPETIZERS & DESSERTS - 2024 Edition



gourmet food with all of the flavor and none of the guilt



Follow me online at:

The Web: www.theguiltfreegourmet.net

Connect: @dhallakx7

Facebook: The Guilt Free Gourmet LLC.

Instagram: TheGuiltFreeGourmet ... No, seriously... Follow me on Instagram!!

Youtube Channel: The Guilt Free Gourmet

Copyright 2023 by Daniel Hallak

Book Content Updated: 12/29/2023 *(added ladyfingers to dessert section, replacing lemon bars)*

Book design by: Daniel Hallak

Edited by: Mary Geiler and her much deserved assistant, Jim Beam

Photography by: Daniel Hallak

Raspberry White Chocolate Cake photography by: 'Randy Van Winkle Photography' www.randyvanwinklephotography.com

Nutritional Info. by Instagram's [@cake.riot](#) & [@instakaci](#), as well as Sarrah S. Settarra, of www.sashimakesstuff.blogspot.com

The Guilt Free Gourmet is privately owned, so feel free to buy me out, baby!! Daddy needs a new pair of shoes.

The Guilt Free Gourmet, Low Fat & Calorie Cookbook: Volume 2 - 2024, 5th Edition *(1st edition published in November 2019)*

The Author grants permission to reprint this publication **for personal use only**

LEGAL MUMBO JUMBO

The Guilt Free Gourmet® 2024

Though we have copyright protection over this publication and the materials here-in, we at The Guilt Free Gourmet want to make sure you understand that **you have our full and complete permission to have this material printed for your private use!** If you are a home cook or a cooking enthusiast, please know that we wish for you to be able to print this material, either at home, or at a business that offers printing services, such as Staples, Office Depot, Kinkos, etc.

If you try to take this to a printing center and they say that they can't print it, PLEASE tell them to look at the disclaimer cited above. The Author has expressly stated that he (me) has given permission for you to print it... Then poke him/her in the chest to establish dominance. Howling loudly while pointing at their copy machine.

Weight Watchers International & WW®

The Guilt Free Gourmet is not affiliated with, nor is it endorsed by Weight Watchers International, Inc. (now WW®). Weight Watchers has not reviewed this publication for accuracy or suitability for WW members.

Weight Watchers, WW®, Point, Points, Smart Points, SP's, Personal Points, & "The Weight Watchers Program" are all registered trademarks of Weight Watchers International, Inc. Authentic information about the program is only available at your local WW workshop or online through the WW website and mobile app. The information and recipes contained within this guide are based solely on the recollections and assumptions of The Guilt Free Gourmet. The information and recipes are not warranted for any purpose by the author other than for educational purposes and for reference under fair use doctrine.

All readers are encouraged to go to a WW Workshop or the WW website for actual WW information and to also enter the listed ingredients of my recipes themselves into the Recipe Builder. Point values for certain ingredients change and are updated periodically by WW®, which may change the point values we are suggesting to be accurate for our recipes at this time.

This guide is in **NO WAY** meant to be a replacement for the WW Program. It is merely developed and intended for use as a collection of privately developed recipes, designed to complement the instructional materials and resources provided by WW to its members... BECAUSE WW IS AWESOME!

Any non-generic recipes within this guide were developed by me. All 'Point Values' were determined by entering the ingredients, measurements and servings into the Recipe Builder within the WW mobile App that is only available to paying members of the system. I strongly encourage anyone interested in developing a healthier lifestyle to join and follow the strategies for healthy living provided by Weight Watchers International (WW®).

All use of the terms Weight Watchers, WW, Points, Points Plan, Personal Plan, yadda yadda yadda in the following cookbook are used SOLELY for reference purposes, as is appropriate and allowed under fair use doctrine.



I dedicated my "Cookbook: Volume 1", from last year, to my wife, so I feel like I should dedicate this bad boy to the person who is ultimately responsible for it... my son, Jesse. Excuse me while I monologue.

Jesse, I know you won't be able to read this for Lord knows HOW long, but thank you. I wish with all of my heart and soul that I could send a message now, back to myself when you were born. I wish that I could go back and calm my fears, calm my worries and smack the selfish angriness out of myself. I wish that I could go back and show old-me a glimpse of the joy that you have brought to our lives. I wish that I could go back and tell myself of just how much you would end up changing me into a better person. All of this is because of you. At first, I had a lot of anger and selfish resentment in my heart about it... but you're the best thing that's ever happened to me. From the day you were born, you've forced me, as much as I didn't want to... to change. To not think about myself first, to truly have to care unconditionally and unselfishly.

I know that I still can't communicate with you verbally yet... but someday you'll be able to read this and you'll know that you are the most joyous part of my every day. Your smile, laughter and constant need for hugs, makes my soul sing. Know that I am constantly calling you "sunshine with feet", to 100,000+ people, on an almost daily basis. Because of you, my heart is content.

- Dad

12-11-19



Cheddar Bacon Beer Dip - Pg. 14



Reeses PB Cup Cupcakes - Pg. 122-123



Herbed Goat Cheese Spread - Pg. 20



Cuban Picadillo Bites - Pg. 51-52

Table of Contents

2024 | Cookbook Volume 2 - 5th Edition

Low Fat, Low Calorie, Low Sugar Recipes for Healthy Weight Loss

Free Cookbooks & Recipe Information

Introductory info. on how to obtain my other cookbooks for FREE. As well as what to do when recipes in this book reference my prior cookbook ... *pages 6-7*

How To Scan The QR Codes 🤔

Trying to explain why I go to such insane lengths, to cook as crazy as I do ... *page 8*

Important Kitchen Gadgets

An explanation of some of my most commonly used kitchen tools. Geared towards folks who are newer in the kitchen ... *page 9*

Dips & Spreads

Recipes for 20 amazingly low calorie, low fat, low sugar dips and spreads... *pages 10 - 29*

Salad Dressings

Recipes for 20 low calorie, low fat, low sugar salad dressings, each with a generous 1/4 cup serving size ... *pages 30-35*

Appetizers

21 delicious and GOURMET, low calorie and low fat appetizers, which are SURE to turn heads at your next gathering. These aren't your typical baked wonton cups, 2 ingredient dough nuggets, or cold cuts and cheese toothpick skewers, like in other 'skinny' books ... *pages 36 - 83*

Dessert Section Index & Tutorials

This section includes the table of contents, a tutorial for converting ANY of my cupcake recipes into fancy cakes and a 6 page step by step guide for making one of my cupcake recipes, from start to finish ... *pages 84 - 93*

Dessert Recipes

Recipes for low sugar (or sugar free) gourmet cupcakes and cakes, utilizing boxed Pillsbury cake mixes. As well as snazzier desserts, such as: cannoli, ladyfingers, cheesecake, a 'base' sugar free & vegan cake recipe and more ... *pages 94 - 157*



Salmon Cakes - pg. 71-72

Closing Tips & Acknowledgements

Like a good Ice Cream Sundae, all good things must come to an end. I end the book with a page of random helpful tips for the desserts, as well as a shout out to all of the nutjobs who helped inspire this crazy train of a cookbook ... *pages 158 - 159*

Nutritional Information

A 2 page spread, with the nutritional values, points and macros, for every recipe. ... *pages 160 - 161*

Book Index

Need help finding everything, quickly? This'll definitely help you navigate the low point super highway. ... *pages 162 - 163*

Really? Free Cookbooks?

Though all of my cookbooks are available in printed format, on Amazon.com, you can open, view, save, print and share ALL of my cookbooks for free, at absolutely no charge whatsoever on my website: www.theguiltfreegourmet.net

I allow everyone access to my Cookbooks for free, in digital format. My website has no ads, promotions, pop ups, or links begging you to use my discount code and save 10% on something so I get a kickback. This is my ministry. Yeah, a coupla bucks is nice, but at the end of the day, the most important thing is feeling like I get to help people. For a guy who gave up his career to stay home and take care of two handicapped kiddos, this is my release. Letting people have these books for free, lets me feel like I'm 'giving back'. Plus, it's a constant reminder that I don't do this for the dinero.



The Guilt Free Gourmet Cookbook Volume 1

- Low Calorie Cooking Guides & Tutorials
- Foundational (Base) Recipes
- 45 Low Fat, Low Sugar Sauces
- Filled With 50 Shades of Awesome



The Guilt Free Gourmet Cookbook Volume 3

- Dressings, Spreads & Condiments
- Burgers, Sandwiches & Sausages
- Side Dishes
- Salads
- Bonus Recipes



The Guilt Free Gourmet Cookbook Volume 4

This one's currently up in the air. In Fall 2020, I had a very limited release 'Holiday Dishes' themed cookbook, which I dubbed Cookbook 4. I'm actually going to be changing CB4 into a Mexican, South American & Spanish cookbook.



The Guilt Free Gourmet Cookbook Volume 5

- Sauces & Dips
- Dim Sum/Appetizers & Soups
- Regional entrees from:
*Cambodia, China, Korea, Japan,
Thailand, Vietnam & Taiwan*

Do I Need Cookbook 1?

Yes.... and No. My "**Cookbook: Volume 1**", that I published to Amazon in late 2018, and have since revised a few times now, over the years, is 100% required to utilize the recipes in this new cookbook, mainly because of page constraints.

All of the "Foundational Recipes" that are referenced in my appetizer, dips and dessert recipes, are all found within that book. It is filled to the brim with the base recipes for the dishes within this book, such as my ground meat seasonings, low point masa, pie crust and low point cream cheese substitute, which are contained within THAT cookbook. Of course you can purchase it on Amazon... but **you can also download it for free** on my website, www.theguiltfreegourmet.net

The reason I had to do this, is because of the costs of self publishing on Amazon. Unlike most cookbooks, filled with black and white text pages, crammed full of text-only recipes with few pictures, this book is LOADED with pictures, nearly 800. Each page is essentially a full color, 8.5x11 picture. If I were to have included all of the referenced foundation recipes from cookbook 1 into this book, it would add an extra 40 pages. I'm pretty sure nobody would have wanted to pay an extra \$15 for this book, just so it'd reference recipes you already have in your previous book, which you already paid for.

Once again, my "Cookbook: Volume 1" is absolutely required to make the dishes in this second cookbook. But, this isn't a money-grab. You don't have to purchase a copy. You can download/print it **FOR FREE**, off of my website. No charge whatsoever.

HOW MANY POINTS PER SERVING ARE YOUR RECIPES?

For this newly revised version of my cookbook, for the 2023 plan, I'll be providing point values in 2 ways. Traditional AND a QR code you can scan. In this example, under 'points', you'll see a blue text bubble with 2 numbers. The **LEFT** number is points on the 'regular' plan, while the **RIGHT** number is the point value for the diabetic plan. Easy peasy.

R = Regular 0 point foods list

D = Diabetic 0 point foods list

So in this case, the first serving is 1 point for folks on the 'Regular' plan and 3 points for people on the 'Diabetic' plan.

R D

1-3

What The Heck Are These Weird Lookin' Square Thingies??

For those of you who are what we'd call 'old school', these things are known as a '**QR Code**'. QR meaning '**Quick Response**' code. They act like a barcode you'd see on the side of a product at the store. The difference being, THESE are used to act as a 'link'. Look at one of these with your phone's camera app, and just like clicking on a text-link on a website... these open up a new browser on your mobile device and take you somewhere, or show you something.



I go into more detail on how they'll be used in this book, on page 8. But suffice to say, if you want to find the accurate 'point' information for your specific plan Go ahead and check out page 10, then come back here and try scanning this baby. Consider it a test... a test where, if you get it right, you get to hang out with me and [@chiafullo](https://www.instagram.com/chiafullo), in Lederhosen.



Using QR Codes

Have you ever seen those crazy looking, square shaped code-thingies on a menu, flier or in a magazine and wondered what they are? Well... they are the exact same as a 'link' you'd find on a webpage, which you can click to go somewhere. But, these links are printed onto paper. You use a mobile device's Camera to scan (click) them.

So you don't have to "take my word for it", with my listed recipe's points, I wanted to provide you a way to check them for yourself, while also giving you the ability to track them. For all my recipes, if you scan the codes in this book, you'll be taken to my website, where you can click a link for any dish. That link will open up my recipe in YOUR app's recipe builder. This will let you see the accurate points on your plan, AS WELL AS LETTING YOU TRACK what you ate!

Step One:



Open your phone's "camera" app, ya'know, the one you take pictures with. Open it, then point the camera at the square code-thingie you want to look up.



Step Two:

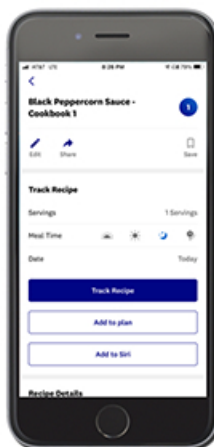
When you see 4 little yellow brackets around the corners of the code you want, a pop up that says "Open QR.IO in Safari" will appear at the top of the screen. Click that banner.



Step Three:

Once you click that banner, your device will open up the 'plan values' page on my website.

From there, scroll down, find the recipe you'd like point values for, then click the recipe's picture.



Step Four:

When you click the recipe's picture, it will instantly load up my recipe into YOUR WW app (if on a mobile device). If you're on a desktop, there's no need to scan a code. Just go to the 'Point Values' page on my site and click the recipe.

Your App will show you the points for my recipe, based off of YOUR 0 point food settings. Then, simply 'track' the food, adjust the servings, etc.

*** IMPORTANT ***

Once scanned, the links on my website will start up your WW app, showing you MY recipe, saved within the WW database. Sounds cool, right? Well... for bloggers and cookbook authors, this presents a legal grey area.

The WW App, the WW 'point' calculator and the WW database are all copyrighted by WW. Posting direct links on blogs or from cookbooks, directly TO the WW database maaaaay be construed as a breach of WW's Intellectual Property. As such, I have reached out to WW for clarification and asked if it would be possible to come to a licensing arrangement, so that I can link directly from my recipes in this cookbook, TO their App.

Until I am given permission, or some type of licensing arrangement can be made, my QR codes within this book will NOT link to my recipes in their database. Instead, scanning the QR codes in this cookbook, will instead take you to my 100% advertisement and revenue-free website, where you can find links to the recipe's point values. I apologize for the hopefully temporary inconvenience, but... legal's legal. Someday, the QR codes in this book will directly open up your app, but until that day... I have to use the website workaround. Sorry.



For most of you folks that cook a lot and have spent years trying new things in the kitchen, these Gadgets & Gizmos are nothing new to you. But this particular page is directed more towards people who aren't as comfortable in the kitchen yet and are wondering what some of the things are that I mention a lot in my posts. I've often heard people say "what's a food processor,?" or "Immersion Blender?" Well I thought it'd be a good use of a page to point out what some of the primary things are that I use, and what their purpose is, for the newer cooks in the kitchen.

1. Food Processor

Think of a food processor of a giant, wide bottomed blender. There are quite a few dips and dressings that are in this cookbook that rely heavily on using a food processor. ESPECIALLY the guacamole and the hummus. Sweet Lord in Heaven, it's worth it to get an inexpensive food processor for the Hummus recipe alone.

You don't need to buy an expensive model. Even just an inexpensive one from Big Lots will do the job. It is a necessity for a couple of the recipes.

2. Pasta Makers

Fresh pasta, if made the way that I teach, is lower in points and calories than store bought dried pasta. The Foundation recipe section will have my updated Pasta making guide in it. In this book, fresh pasta is used in the Lasagna al Rotolo appetizer. It allows us to make a pasta sheet, half the size of a sheet pan, for 3 points.

3. Wire Strainers

These are used EXTENSIVELY in my cupcake and cake recipes, as well as in a few of the dips and sauces. You don't need an expensive set. I got mine at the 99 cent store and they've lasted for years.

4. Immersion Blender

YOU NEED THIS IN YOUR LIFE! It's essentially a small blender at the end of a stick. It is used in all of the recipes for my "creamy" dressings. Throw all of the dressing ingredients into the cup, use the immersion blender... you have dressing in 15 seconds. You can also use a regular blender as well, but it takes up a lot more counterspace. You can purchase an inexpensive one at walmart for \$20. You don't need the ultra expensive brands that have more gadgets than a swiss army knife.

5. Stock Pot with Steamer Inserts

This sounds like something that would be crazy expensive, but I've seen them at Ross and Marshalls for \$20-\$30. They are so worth it. I use the deep insert to steam cakes inside of a Corningware ceramic round dish, as well as using it to steam my Weight Watchers friendly Tamales and Seafood Boils (shrimp, corn, and sausage made from my low point meat mixes). I also use them to make the tamale ball appetizers in this book, as well as a few of the steamed appetizers from my Asian cookbook. Want even more reason to get one? My steamed chocolate cake recipe requires the deep steamer insert. There are ultra expensive ones, however, mine was a relatively cheap stock pot/insert set from Walmart, which cost around \$35. (if I remember correctly) and it's lasted me for yeeeeeeears, so far.