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Ketogenic Desserts & Sweet Snacks: Chocolate Lava Cake, Truffles, Brownies, Cookies, Ice Cream & More (Elizabeth Jane Cookbook)



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Synopsis

Burn Away Your Belly Fat While Eating DeliciousÃ Â Keto Desserts. All Containing Full Nutritional Information & Images of All Recipes. (Easy To Make Too!)Includes Bonus Keto Smoothie Recipe BookIt does seem strange that by eating Ã¢â ¬Ëœfat bombsÃ¢â ¬â„¢ you can be healthier, but that is the promise and science behind the Keto Diet. You get to have your (high fat/ low carb) cake and eat it too.The Keto Diet (like any diet), can seem hard and monotonous at times. You eat the same foods over and over. Adding in a variety of desserts is a great reward for keeping on the Ketogenic Diet (while not blowing the diet).Ã Â Within the book you'll learn how to make these 20 simple yet delicious Keto desserts! Including:Butter Pecan Ice CreamDark Chocolate TrufflesChocolate Lava CakeDecadent Chocolate Cream CakeCoconut Cream BrowniesPeanut Butter & Jellt CookiesMini Chocolate Avocado TartsChocolate Drizzled MacaroonsGive yourself the reward you deserve and download this book today.

Book Information

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Customer Reviews

A great book of dessert recipes for people on a low carb diet. They taste every bit as good as those high sugar desserts that are so bad for you. Many of the recipes do use a sugar substitute which

probably should be natural stevia and not one of those miracles of industrial chemistry that taste sweet but have too many nasty side effects. Quite a few have no sweetener at all and still taste great. I am impressed also by the high quality of the book with color photos of every item and clear, detailed instructions about how to prepare the food properly. Well done.

Being a lover of sweets, I have already made two recipes from this book and they are extremely, extremely delicious. I can't wait to make some more desserts. This book is a must pick up for those who love sweets like me.

This is a very good book to read especially for all those people who love keto desserts and sweet snacks. Wow, there's a lot of recipes that look really good in here. It is stylish and rich in design, as well as in the breadth of desserts that are offered. I have already tried 4 recipes from this amazing book. It is indeed a very informative book and I highly recommend this book to all the people who loves eating desserts. Give it a try.

Very good recipes. This book is full of super delicious recipes that everyone will love. If you're in a low carb diet, and you can't find delicious low carb desserts to eat, this book is for you.The instructions are very easy to follow. It has pictures of each dessert, so you'll know how your end result should look like, and it even has the nutrition facts of each dessert, like the amount of calories, carbs, and all that.Great book!

I'm surprised; these really are low carb. I have bought so many books of diabetic recipes written by someone who really didn't understand the requirements. I have even seen low fat recipes passed off as diabetic, So I have become a skeptic about low carb claims. For the record, I'm a type 2 diabetic and have to limit carbohydrates as much as possible, but fats are actually beneficial to me because they inhibit the absorption of sugars. That's why so called 'fat bombs' work. I just bought the book and looked through it but haven't tried any of the recipes yet but I can see they are safe for type 2 diabetes. If you are type 1, talk to your doctor first.

This is what I really need! My favorite part of every meal is the dessert! But because not all desserts are healthy, I am having a hard time looking for recipes that healthy yet still delicious. I mean, there might be a few online but to find 20 delicious and healthy desserts in one book, thatÃƒÂ¢Ã â ¬Ã â„¢s heaven! This book is like a treasure! I love the variety of desserts in here.

Totally trying each recipe in here! Highly recommended!

I’m a newbie at this keto thing and Elizabeth Jane breaks it down to the simplest form. Great cook book with easy easy recipes to follow. I love sweets and this helped me to keep on track while I’m on my ketosis journey. Thank u

My husband and I follow a low carb diet but have always had trouble in the evening trying to find a dessert and still stick to the diet. This book is wonderful and very helpful. We now have desserts without ruining our way of eating.

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Ketosis: Ketogenic Diet Weight Loss Made Super Simple (Ketogenic Diet, Ketogenic cookbook, Ketogenic food, Ketogenic diet cookbook) (Volume 1) Ketogenic Diet: Fat Bombs 100 Irresistible Sweet & Savory Snacks: Experience Delicious Ketogenic Snacks and Keto Dessert and Sweets Recipes Cookies: 365 Days of Cookie Recipes (Cookie Cookbook, Cookie Recipe Book, Desserts, Sugar Cookie Recipe, Easy Baking Cookies, Top Delicious Thanksgiving, Christmas, Holiday Cookies) French Desserts: The Art of French Desserts: The Very Best Traditional French Desserts & Pastries Cookbook (French Dessert Recipes, French Pastry Recipes, French Desserts Cookbook) Chocolate Cake Cookbook: 50 Healthy and Tasty Chocolate Cake Recipes - You Too Can Make Your Family Happy by Trying These Recipes at Home Holiday Cookies: Prize-Winning Family Recipes from the Chicago Tribune for Cookies, Bars, Brownies and More

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