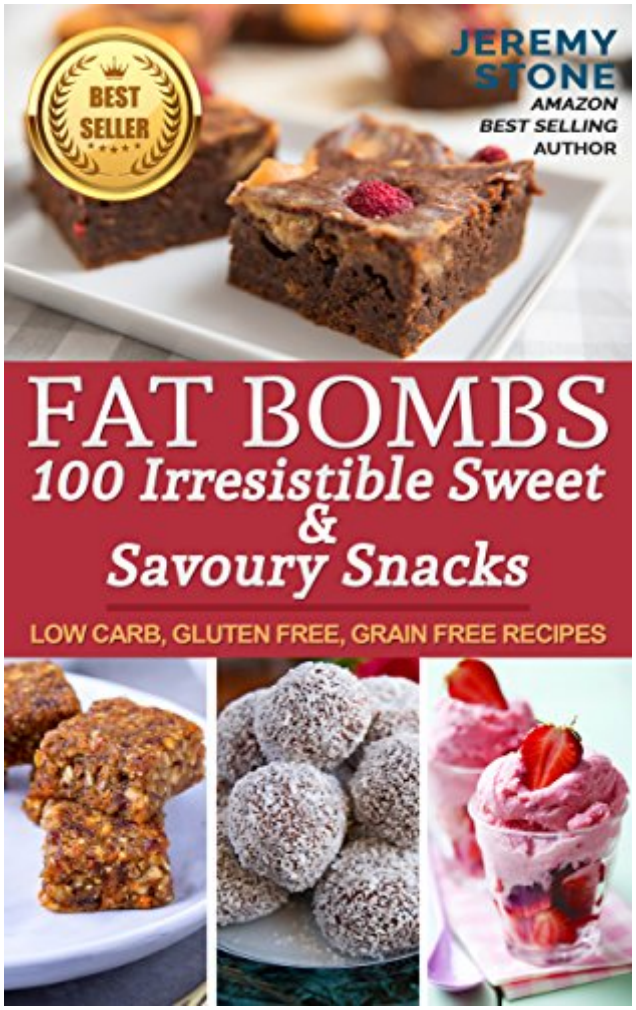
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Ketogenic Diet: Fat Bombs 100 Irresistible Sweet & Savory Snacks: Experience Delicious Ketogenic Snacks And Keto Dessert And Sweets Recipes




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Synopsis

Are you looking for healthy ketogenic snacks that will help you lose weight and taste great?This book could be the answer you’re looking for... Ketogenic Diet: Fat Bombs 100 Irresistible Sweet & Savoury Snacks!Trying to be healthy is hard and sometimes confusing. For years we were told that fats were bad for us and we had to cut them out of our diets. Yet we became more obese than any other time in history! But over time science and our understanding of nutrition has improved. We now know that many fats are actually healthy for us.By substituting simple carbs with healthy fats, the Ketogenic Diet forces your body becomes a fat burning machine! As a result you will automatically lose weight, increase your mental focus and decrease your appetite.This book is designed to empower you by providing easy to make high fat, low carb fat bomb recipes that don’t skimp out on flavor!With Fat Bombs 100 Irresistible Sweet & Savoury Snacks You Will Get ...Over 100 Ketogenic Recipes For Dessert Bars, Fudge, Candies, Pudding, Cookies, Cakes, Smoothies and More!Macro and Micro Nutritional Information For Each RecipeEasy to Follow Step by Step InstructionsAn Overview of the Ketogenic DietBenefits of Fat BombsCheck it out today!Learn How To Make These Delicious Snacks:Coconut Cashew BarsMaple Butter Bacon Cheese BarsRaspberry and Peanut Butter TrufflesVanilla CrÃƒÂ¨me ParfaitsBrowned Chocolate Chip Buttered CookieChocolate Frosted BrowniesChocolate CupcakesAlmond Butter Coconut FudgeCrustless Pumpkin PiePeanut Butter BallsPeanut Butter Caramel ShakeStart making tasty keto bombs and get your copy today!

Book Information

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Customer Reviews

The reason why i picked this book is that it also offers a whole bunch of savory fat bombs recipe in addition to the sweets desserts. the different combinations, textures and flavors experimented in this book is amazing and the recipes are o simple yet tasty and look so presentable too. this is a great way to please guests at dinner parties with beautiful food.

A great book where all the ingredients are included like carbs, sodium, chemicals etc. To be on a keto diet can be hard and this cookbook is very helpful and makes the change pleasant, the recipes are easy to follow and my family enjoys the sweets without having to think that it is bad for you! Really great and highly recommended!

This is a wonderful collection of fat bombs, I really appreciate the recipes for the shakes and smoothies. Raspberry cheesecake smoothie? Um, yes please! I've tried multiple recipes and all of them have been winners. I've tried some sweet recipes from another fat bomb book by a different author and they all ended up in the trash! I was reluctant to try fat bomb recipes again after the waste and failures from the other author's book, but I'm glad I did because Jeremy knows his fat bombs! I love the savory recipes, but I do wish there were more of them. They're good and I'm greedy :)

IÃƒÂ¢Ã â ¬Ã â„¢ve found a lot of yummy recipes from ketogenic diet in this book ÃƒÂ¢Ã â ¬Ã â œ dessert bars, chocolate biscottis, maple bars, blueberry cheese bars, candies, truffles, pops, ice-cream and other recipes. My all family is happy and I often cook using this book. A special treat is smoothies ÃƒÂ¢Ã â ¬Ã â œ avocado banana, almond strawberries delight. Delicious!

This is finally a book that shows exactly all the ingredients including carbs, sodium, chemicals etc.

Switching to a keto diet can be a challenge and this is cookbook has helped me somewhat to make the change more pleasant, recipes are quite simple, but very good fand practical or the most part, it’s a useful book.

If you have to avoid sweets of all kinds don’t bother with this book. Filled with candies, cakes, cookies, puddings etc. yet to find a true cookbook on savory fat bombs. Very large audience being ignored...very disappointed.

Good book

This book by far is the the easiest recipe book that I have ever used, it is stress free and enjoyable. I’ts wonderful, I have tried several things everything was as presented. I fell in love with this cookbook and the variety it has provided for me in my restrictive diet.

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