

Ketogenic Desserts and Sweet Snacks

20 Recipe Ketogenic Cookbook



BOOK DETAILS

- Author : Elizabeth Jane
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BOOK SYNOPSIS

Burn Away Your Belly Fat Whilst Eating Delicious Keto Desserts. All Containing Full Nutritional Information & Images of All Recipes. (Easy To Make Too!) Includes Bonus Keto Smoothie Recipe Book It does seem strange that by eating fat bombs you can be healthier, but that is the promise and science behind the Ketogenic Diet. You get to eat your (high fat/ low carb) cake and eat it. The Ketogenic 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 are a great reward for keeping on the Ketogenic Diet (whilst not blowing the diet). Within the book you'll learn how to make these 20 simple yet delicious Keto desserts! Easy Almond Flour Carrot Cake Chocolate and Caramel Volcano Cake Delicious Cream Chocolate Cake Keto Strawberry Cheesecakes Two Layer Low Carb Brownie Cheesecake Easy Dairy Free Chocolate Pudding Strawberries with Whipped Coconut Cream Coco-Nutty Smoothie Low Carb Pecan Ice Cream Easy Blueberry Ice Cream Sugar Free Choco Chip Almond Cookies Strawberry Coconut Cookies Keto Dark Chocolate Truffles Ketogenic No-Bake Chocolate Balls Macadamia Nut Chocolate Squares Easy Pecan and Maple Syrup Squares Choco Nutty Avocado Mini Tarts Low Carb Macaroons Give yourself the reward you deserve and download this book today.

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