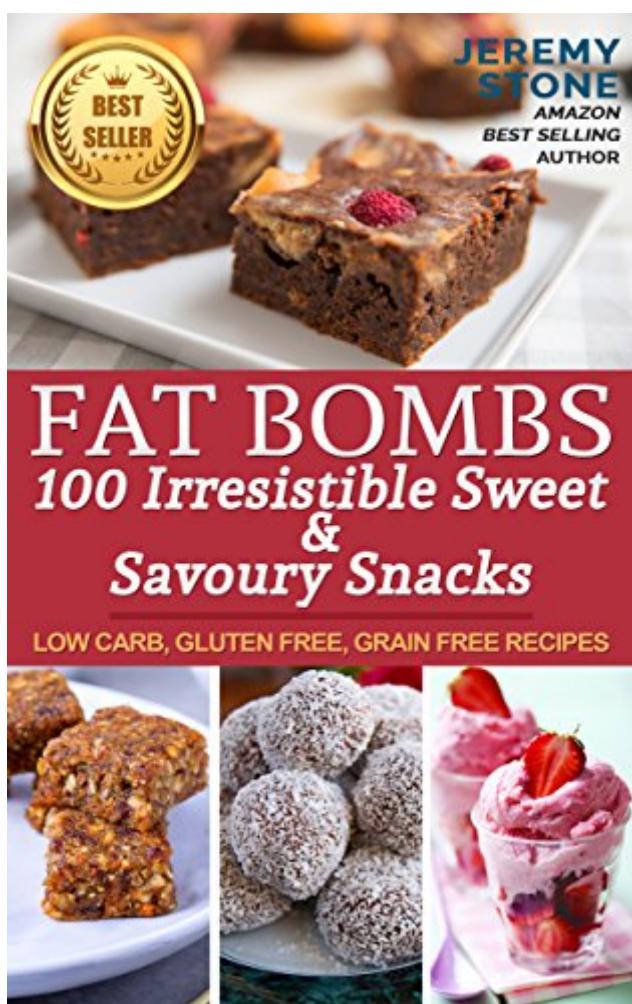


The book was found

Ketogenic Diet: Fat Bombs 100 Irresistible Sweet & Savory Snacks (Ketogenic Diet Fat Bomb, Fat Bombs Recipes, Low Carb Desserts)



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 Recipe Easy to Follow Step by Step Instructions An Overview of the Ketogenic Diet Benefits of Fat Bombs Check it out today! Learn How To Make These Delicious Snacks: Coconut Cashew Bars Maple Butter Bacon Cheese Bars Raspberry and Peanut Butter Truffles Vanilla Crème Parfaits Browned Chocolate Chip Buttered Cookie Chocolate Frosted Brownies Chocolate Cupcakes Almond Butter Coconut Fudge Crustless Pumpkin Pie Peanut Butter Balls Peanut Butter Caramel Shake Start 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.

This is a perfect way to have a fat-free and guilt-free snack! More often than not, we tend to worry on the different sweets we eat since they are sugary and high in carbohydrates which causes weight gain and fat build up. Good thing you have this 100 irresistible sweets and savory snacks recipes which are low in carb, gluten-free and grain free!

What a lovely book , full of amazing recipes , my family was really happy to eat few of those recipes, well written easy to understand and read. this book is a little gold mine to everyone, sharing food with friend and family is a great pleasure, i totally recommend this book to everyone, thank you Jeremy for your great book

Iâ™ve found a lot of yummy recipes from ketogenic diet in this book â€“ 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 â€“ avocado banana, almond strawberries delight. Delicious!

This book provides delicious recipes that are easy to make and easy to stick to. This book keeps it simple and what it promises, a solid collection of keto diet recipes. The recipes are well written and easy to follow instructions. I thoroughly recommend this book for your low carb kitchen.

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.

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!

I bought this book for my sister, she love to bake and make different kinds of snacks and desserts. I shared this to her and she said she loved it, the recipes here are just amazing. She bake frost bite cookies and my kids love them.

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