



Ketogenic Desserts (50 Delicious Low Carb Dessert Recipes for Healthy Weight Loss)

Maya Lyon

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Fall in love with the Sweet, Creamy, Crispy, Crunchy, Melty textures of these Desserts, Fat Bombs and Cookies without having to worry about sugar and carbs.

Welcome to the Most Delicious and Enjoyable way to Lose Weight fast and stay in Fantastic Shape!

Who says low carb means no sweets?? I find ways to add a little sweetness into my life every day! In fact, these Ketogenic Desserts are way better than sugar filled ones, just try one recipe and you'll be hooked!

The recipes included in this book are naturally Low Carb, Gluten Free and the EASIEST way to meet your 75% healthy fat ratio throughout the day.

These desserts & fat bombs are quick, simple and satisfying. They are also packed full of metabolism-boosting and belly-fat-burning goodness!

Not to mention the added micro-nutrients, vitamins, minerals and superfoods in some of these indulgent little recipes.

Here Is A Preview Of The Delicious Recipes You Will Find In This Book:

- All-stars Peanut-Butter Cookies
- Almond Chocolate Brownies
- Carrot Flowers Muffins
- Coconut Jelly Cake
- Cottage Pumpkin Pie Ice Cream
- Hemp and Chia Seeds Cream
- KETO Chocolate Brownies
- Raspberry Chocolate Cream
- Keto Hazelnuts Chocolate Cream
- Keto Instant Coffee Ice Cream
- Sinless Pumpkin Cheesecake Muffins
- Keto Mouse Chocolate
- Raw Cacao Hazelnut Cookies
- Tartar Keto Cookies
- Keto Strawberry Pudding
- Minty Avocado Lime Sorbet
- Morning Zephyr Cake
- Sour Hazelnuts Biscuits with Arrowroot Tea
- Wild Strawberries Ice Cream
- Mini Lemon Cheesecakes
- Chocolate Layered Coconut Cups
- Pumpkin Pie Chocolate Cups
- Fudgy Slow Cooker Cake
- Easy Sticky Chocolate Fudge

- Cinna-Bun Balls
- Vanilla Mousse Cups

Each recipe has a FULL Nutritional Breakdown so you can keep track of your calories.

So let's start trimming off that weight right away!

Start your journey to ultimate health and vitality today!

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From reader reviews:

Raymond Custer:

As people who live in typically the modest era should be revise about what going on or facts even knowledge to make all of them keep up with the era and that is always change and move forward. Some of you maybe will probably update themselves by looking at books. It is a good choice for you but the problems coming to you actually is you don't know which one you should start with. This Ketogenic Desserts (50 Delicious Low Carb Dessert Recipes for Healthy Weight Loss) is our recommendation to cause you to keep up with the world. Why, because this book serves what you want and wish in this era.

Ashley Staley:

Playing with family in a park, coming to see the marine world or hanging out with close friends is thing that usually you may have done when you have spare time, subsequently why you don't try thing that really opposite from that. 1 activity that make you not feeling tired but still relaxing, trilling like on roller coaster you have been ride on and with addition of knowledge. Even you love Ketogenic Desserts (50 Delicious Low Carb Dessert Recipes for Healthy Weight Loss), you can enjoy both. It is fine combination right, you still would like to miss it? What kind of hang-out type is it? Oh seriously its mind hangout fellas. What? Still don't understand it, oh come on its referred to as reading friends.

Harry Duffey:

Would you one of the book lovers? If so, do you ever feeling doubt while you are in the book store? Attempt to pick one book that you never know the inside because don't judge book by its handle may doesn't work here is difficult job because you are scared that the inside maybe not seeing that fantastic as in the outside look likes. Maybe you answer might be Ketogenic Desserts (50 Delicious Low Carb Dessert Recipes for Healthy Weight Loss) why because the wonderful cover that make you consider with regards to the content will not disappoint an individual. The inside or content is fantastic as the outside or perhaps cover. Your reading sixth sense will directly guide you to pick up this book.

Bryant Booher:

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