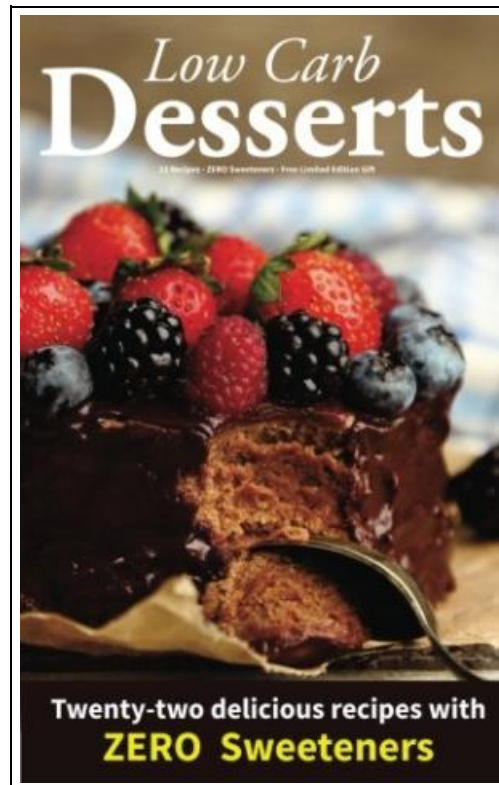


Low Carb Desserts (Paperback)



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LOW CARB DESSERTS (PAPERBACK)



Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.The irresistible desserts that kept me motivated to lose 98 pounds ZERO Sweeteners - 5 Dieting Mindset Tools - Limited Edition Bonus Gift Lost 98 pounds! Hello, fellow cooks! When I embarked on my quest to slim down from 19 stones to 12 (266 pounds to 168 pounds), I never thought I would be able to stick to a diet. My sweet tooth is insatiable: I can't live without desserts! So I developed a range of low carb treats that satisfy my cravings while still allowing me to lose weight. If you completely deprive yourself of desserts, then your diet will fail. My recipes literally allow you to have your cake and eat it too! Maximum taste with zero sweeteners or processed sugars When I started my diet, I switched to sweeteners. BIG MISTAKE! Not only did these give me a sugar crash after eating, they actually caused me to gain weight. My desserts have zero sweeteners, as I have selected natural ingredients that are irresistibly delicious but still low in carbs and calories. There is a lot of misleading and contradicting information on sweeteners, so I have included an additional section that explains the 3 specific problems of processed sugars. All claims are supported by scientific studies. Mouth-watering recipes There s a wide variety of options from classic favourites such as Lemon Pie, Cheesecake and Chocolate Cookies to exciting new recipes such as Sunflower Waffles, Almond Banana Bread and No-Cook Bars. Mmmmm. not only are they irresistible and easy-to-make, but they will fill your kitchen with sensual aromas! Pace your diet with comprehensive nutritional information The lack of nutritional information in recipe books was a major frustration during my diet...



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