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## Low Carb Desserts: Decadent, Guilt Free Low Carb Cookie and Dessert Recipes for Low Carb Baking

By Linda Stevens

Createspace, United States, 2015. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Learn How To Bake Delicious Low Carb Desserts For Extreme Weight Loss Starting Today! Have you embarked on a low carb lifestyle either for weight loss or to bring your body to a general healthier state of being? Regardless if you are new to this dietary lifestyle, or have been practicing for years, chances are that at one point or another you have felt like something was missing. Many people think that going low carb means going without certain things such as baked goods or favourite desserts. This is absolutely not true. While taking advantage of fresh, whole ingredients and the many flour and sugar alternatives available today, there is a way to create just about any dessert you may crave. You can start the journey to sweetness with this book. Within these pages you will find low carbohydrate alternatives to some of your beloved favourites, along with tempting flavours and combinations to try. From ridiculously simple to extremely elegant there is something here that will satisfy every sweet tooth and occasion. Enjoy and never deprive yourself...



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