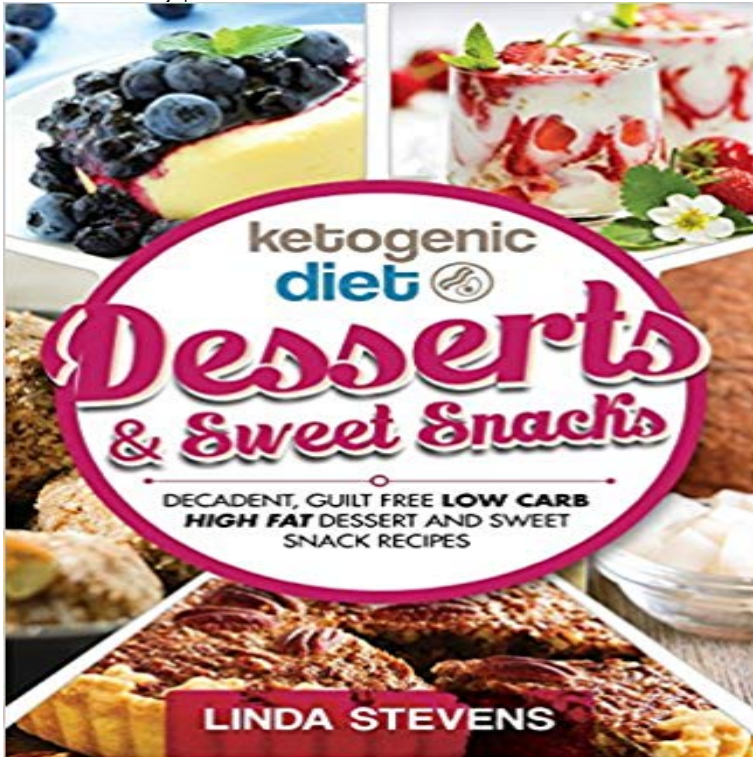


Ketogenic Diet: Desserts and Sweet Snacks: Decadent, Guilt Free Low Carb High Fat Dessert and Sweet Snack Recipes



Burn stubborn fat and satisfy your sweet tooth with over 30 decadent, guilt free keto dessert and sweet snack recipes. Diet trends come and go. Some work, many do not. But the Ketogenic Diet is designed not just to lose weight, but to improve your overall health. The diet was originally used to help control seizures caused by epilepsy. But recent studies have shown that it is an effective diet to control sugar and insulin levels in people with diabetes and may even prevent the onset of Alzheimers. The Ketogenic diet requires you to eat meals high in healthy fats and low in carbs. The biggest reason most diets fail is they are too restrictive. But thanks to this great recipe collection, you can have your cake and eat it too. The book is divided into two sections; desserts and sweet snacks. In the dessert section you will find decadent recipes like Coconut Raspberry Ice Cream, No Bake Lemon Tarts and Chocolate upon Chocolate Bundt Cake. Yes, you can eat chocolate cake without ruining your diet! The snacks sections contains recipes for fat bombs, tasty little treats that are designed to help you meet your fat intake for the day. Some of the recipes you will find are Bacon Maple Bites, Almond Berry Bites and rich Pumpkin Pecan Fudge. So go ahead, satisfy that pesky sweet tooth with these delicious recipes. All of the recipes contained in this book follow the Ketogenic guidelines and are a healthy alternative to many popular desserts. The recipes use whole, natural foods that easy to find and easy to prepare. Enjoy! **SCROLL UP AND CLICK BUY TO ORDER YOUR COPY INSTANTLY**

Ketogenic Diet: Desserts and Sweet Snacks: Decadent, Guilt Free Dieting is easy when you've got 30 trusty low carb snacks (keto snacks) in your little salt for a great high fiber snack Sardines sprinkle some Old Bay seasoning and are really craving something sweet, check out all our low carb desserts! Enjoy your indulgence guilt-free knowing exactly how many carbs you're eating. **Ketogenic Diet: Desserts and Sweet Snacks: Decadent, Guilt Free** The Paperback of the Ketogenic Diet: Desserts and Sweet Snacks: Decadent, Guilt Free Low Carb High Fat Dessert and Sweet Snack

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This sugar free low carb keto Snickers bar recipe makes a delicious sweet candy treat that can **Ketogenic Diet: Desserts and Sweet Snacks: Decadent, Guilt Free** Buy Ketogenic Diet: Desserts and Sweet Snacks: Decadent, Guilt Free Low Carb High Fat Dessert and Sweet Snack Recipes by Linda Stevens (ISBN: **Low Carb - The Fruitful Mind** Ketogenic Diet: Desserts and Sweet Snacks: Decadent, Guilt Free Low Carb High Fat Dessert and Sweet Snack Recipes **Ketogenic Diet Frozen Desserts: Over 30 Decadent Low Carb High** Its ok if you have a sweet tooth. Low carb chocolate peppermint ganache in a gluten-free cookie crust. .. 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