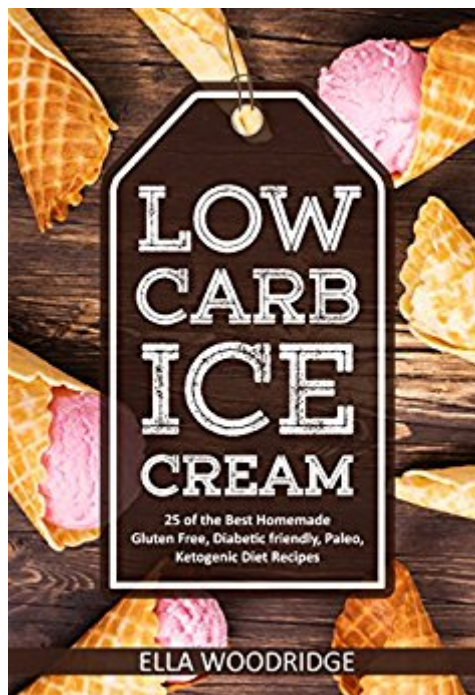




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Low Carb Ice Cream: 25 Of The Best Homemade Gluten Free, Diabetic Friendly, Paleo, Ketogenic Diet Recipes



Synopsis

Healthy ice cream to help with weight lossHow many of us are guilty of breaking a diet plan and indulging in something sinfully delicious and regretting it later?Unfortunately, most diet plans are soÃ  restrictiveÃ  that some of us tend toÃ  look outside the dietÃ  for a bit of relief. The good news is that I am going to introduce you to a diet plan, which does not expect you to let go of your fatty foods and allows you to get your share of ketogenic desserts!Say hello to theÃ  keto diet, which will help you in not only losing weight but also in improving the quality of your lifestyle tremendously. Unlike the other diet plans, this is not extremely restrictive. Hence, you will not find it difficult to follow.To help you get started, I have provided 25 delicious keto ice cream recipes in this book! After all, who doesn't love ice cream? The amazing low carb ice cream recipes and keto desserts contained in this ice cream cookbook will be a major boon if you have a sweet tooth but want to lose weight.CLICKÃ  BUY NOWÃ  in the top right corner to get started.Tags:Ã  keto ice cream cookbook, low carb ice cream, low carb ice cream recipes, keto desserts, ketogenic desserts, ice cream recipes, ice cream cookbook

Book Information

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Ketogenic

Customer Reviews

Who doesn't like ice cream? For me this book is a great find because I had no idea that making ice cream was so simple. I remember when I was a little girl and when my grandparents would use the hand machine turning and then my parents an electronic one and now I get just use my freezer.

The idea that we won't have to worry in taking in carbs and shaping our body even we ate ice creams is awesome!!!

Good variety of recipes. Limited amount of carbs, which is good. Would have liked to see amount of carbs, fats etc per serving listed.

This is a very helpful book with large amount of diet ice cream recipes, which are very simple and easy to make and in a minimum time.

This is really nice and interesting book. It's summer and of course you want ice cream! But you're on a low carb diet so what you really want is low-carb ice-cream.

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