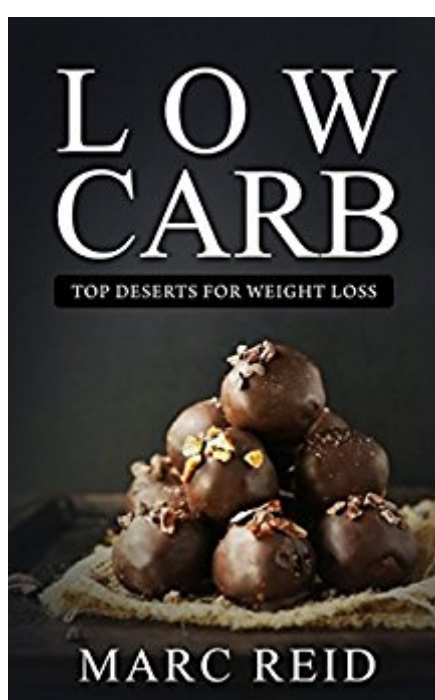


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# Low Carb: The Low Carb Dessert BIBLE® With Over 200+ Decadent Recipes (The Ultimate Low Carb Dessert CookBook For Rapid Weight Loss)



## Synopsis

If Creative Low Carb Dessert Recipes are What You Seek, Then Look No Further. Over 200+ Decadent Low Carb Dessert included in this Book! Who says Low Carb Means no Sweets? I find ways to add a little sweetness into my life every day! In fact, these Low Carb 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 Dessert recipes 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. Some of the Profound Benefits You will Experience when consuming these Low Carb Recipes: Accelerated Fat Loss, Increase Energy Levels & Vitality, Appetite Control, Improved Mental Focus, Stabilised Blood Sugar Levels, Lower Cholesterol, Hormonal Balance. Here is a Preview of the Delicious Recipes You Will Find in This Book: Heavenly Cake Mix Cookies, Homemade Glazed Donuts, Citrus Sorbet, Oatmeal Cookies, Warm Peaches, Zesty Soufflé, Low-Carb Chocolate Pudding, No-Bake Choco Peanut Butter Cookies, Coconut Macaroons, Low-Carb Banana Bread, Apple Bundt Cake, Slow-Cooked Sweet Bananas, Vanilla Pumpkin Smoothie, Chia Pudding, Choco Crisp Bars, Creamy Pumpkin Pudding, Caramel Coated Pears, Cookie Bars, Instant Pineapple Cupcakes, Granola Bombs, Cookies & Cream Cups, Low-Carb Whoopie Pie, Caramel Lover's Dream, Easy Peasy Vanilla Pie, Zesty Raspberry Cobbler, Blueberry Cheesecake Ice Cream. Each recipe has a FULL Nutritional Breakdown so you can keep track of your calories. ... Start your Low Carb journey to ultimate health and vitality today! ...

## Book Information

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## Customer Reviews

Wow! This is Filled with Low Carb Desserts Recipes. Yes, this book is truly filled with as Marc Reid says, "variety of mouthwatering, low-carb, high-fat sweet treats that come together quickly and easily." Included in each recipe is a serving, ingredients, directions, nutritional facts, and some author notes at the end. And among all the recipes in this book, here are my favorites:- Chunkie Chocolate Cookies- Spicy Pumpkin Ice Cream- Chocolate Almond Brownies- Almond Choc Cookies- Hazelnut Chocolate Cream- Instant Coffee Ice Cream- Chocolate Mousse- Vanilla Mousse Cups- Almond Cookies- Instant Pineapple Cupcakes- Caramel Lover's Dream- Pink Tiramisu- Passion Fruit and Mango Combo Sorbet- Coco-Vanilla Ice Cream Overall, this book is a variety of wonderful delicious low-carb and high fat treats for everyone. I highly recommend this book to everyone who wants to make tons of dessert recipes on Low Carb diet. With that, I'd give Marc Reid and Low Carb a Very High 5-Star.

Desserts - my favourite part of my every meal. I'm just concerned that I may get fat when I ate too much of it. Who among us wants to get fat and become unhealthy right? This book teaches us how to enjoy our desserts, without thinking that we can become fat and unhealthy. This book is very useful and informative. Every recipe contains the full nutritional breakdown so we can track our calorie intake on our own. The recipes were good. I just hope that it has a picture, so I can choose what I really wanted to do as my dessert. But all in all. I like this book. Kudos to the author for writing such book! It helps!

Every recipe contains the full nutritional breakdown so we can track our calorie intake on our own. The recipes were good. I just hope that it has a picture, so I can choose what I really wanted to do as my dessert. If you aim to lose weight but still itching for some desserts, this recipe book might just be the right treat for you. It's filled with low carb dessert recipes that aim for weight loss. It contains a lot of nice recipes which are low in carbohydrate. This recipes also has guide to

preparing them.

If you aim to lose weight but still itching for some desserts, this recipe book might just be the right treat for you. It's filled with low carb dessert recipes that aim for weight loss. Low carb diet basically refers to the very low intake of carbohydrate in the body. So what you may ask. Well, with less carbohydrate in the system, the body will turn to fats as its primary source for fuel which helps in weight loss. Will definitely going to try some of the recommended recipes for sure.

I was looking for a cookbook for desserts, I wanted to bake for my aunt who will be visiting me this weekend, and I know that she also watches what she eats, and that is because of diabetes. And so when I saw this book about low carbohydrates desserts, I downloaded it. After reading the book, yes, I found very tasty chocolate and fruit cookies and cakes, and I plan to bake this, there are also details about net servings and that helped me to decide.

This low carb cookbook is packed with easy to make low carb desserts that will make your mouth water. These recipes are great for anyone trying to watch their carbs or lose weight. Love the recipes easy to make and I can still have desserts and stay on my low carb diet, I can't wait to try some of the recipes especially the carrot flowers muffin. So many interesting recipes, There is a little something for everyone to enjoy. Thanks to the author.

Carbs is one of the cause for weight gain. I can't help it but crave for it. We can't deny that foods that have carbs are pretty delicious. When I saw this Low carb dessert bible, I grab this immediately to get recipes that had lesser carbs but can satisfy my craving at the same time. And I was not wrong, I can say that all foods here are quite delicious. Now I have the alternative that I won't worry of my figure.

It was a nice Low Carb recipe book. I found a lots of recipes here with clear instruction. The most helpful part of this book is the author leave here the nutrition information here for all those recipes so that you can find the best recipes for you. It's a real recipes bible. I gave this book 4 stars because there is no picture for those recipes. I hope the author will care about it. I like it and recommend it to all.

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Carb Dessert Cookbook for Rapid Weight Loss) Low Carb Aroma Rice Cooker: 50 Easy, Low Carb and Paleo Recipes with Your Rice Cooker for Busy People (Low Carb Meals & Rice Cooker) The Bare Bones Bible® Handbook for Teens: Getting to Know Every Book in the Bible (The Bare Bones Bible® Series) Beginner's Bible® with Bible Cover Pack 2008, Limited Edition (Beginner's Bible®, The) Weight Watchers: 23 Healthy Snacks To Lose Weight Fast: (Weight Watchers Simple Start ,Weight Watchers for Beginners, Simple Start Recipes) (Weight ... Simple Diet Plan With No Calorie Counting) Low Carb Dump Meals: 25 Easy, Delicious and Healthy Dump Dinner Recipes You Won't Believe Are Actually Low Carb!: (low carbohydrate, high protein, low ... Ketogenic Diet to Overcome Belly Fat) Two Best Sellers Book Bundle: Weight Loss, Addiction and Detox Series! (Enhanced Edition): 'Weight Loss by Quitting Sugar and Carb!' 'Dash Diet: Heart Health, High Blood Pressure, Cholesterol' Weight Loss by Quitting Sugar and Carb - Learn How to Overcome Sugar Addiction - A Sugar Buster Super Detox Diet (Weight Loss, Addiction and Detox) The Everyday Low-Carb Slow Cooker Cookbook: Over 120 Delicious Low-Carb Recipes That Cook Themselves Weight Watchers Smoothies: 77 Weight Watchers Low Calorie Smoothie Recipes: (Weight Watchers Simple Start ,Weight Watchers for Beginners, Simple Start ... Simple Diet Plan With No Calorie Counting) Juicing for Weight Loss: Unlock the Power of Juicing to Lose Massive Weight, Stimulate Healing, and Feel Amazing in Your Body (Juicing, Weight Loss, Alkaline Diet, Anti-Inflammatory Diet) (Volume 1) Weight Loss Stir-Frying: 48 Low Carb, Low Fat Recipes for Quick and Easy Wok and Cast Iron Cooking (Wok & Stir-Frying) Wheat Belly: Top Slow Cooker Recipes: 230+ Grain & Gluten-Free Slow Cooker Recipes for Rapid Weight Loss with The Revolutionary Wheat Belly Diet (The Wheat-Free Cookbook) Quick & Easy Recipes: Over 50 Simple and Delicious Vegan & Vegetarian Rice Cooker Recipes That Anyone Can Make! Recipes for Weight Loss & Overall ... (Rice cooker Recipes - Rice Cooker Cookbook) Juicing Recipes for Rapid Weight Loss: 50 Delicious, Quick & Easy Recipes to Help Melt Your Damn Stubborn Fat Away! (Juice Cleanse, Juice Diet, ... Juicing Books, Juicing Recipes) (Volume 1) Natural Rapid Weight Loss, Lose Weight Faster with Hypnosis, Meditation, and Affirmations: The Sleep Learning System Low Carb Living Cookbook Box Set: Low Carb Recipes for Breakfast, Lunch, Dinner, Snacks, Desserts And Slow Cooker Weight Watchers Diet Box Set: (3 in 1) Weight Watchers Freezer Meals, Weight Watchers Pressure Cooker & Weight Watchers Dutch Oven Recipes Forever Fat Loss: Escape the Low Calorie and Low Carb Diet Traps and Achieve Effortless and Permanent Fat Loss by Working with Your Biology Instead of Against It Wheat Belly Diet For Beginners: Grain-Free, Wheat-Free, Gluten-Free Cookbooks and Recipes For Weight Loss Plans and Solutions Included! (Wheat Free Grain Free Gluten Free Weight Loss Diet) (Volume 1)

