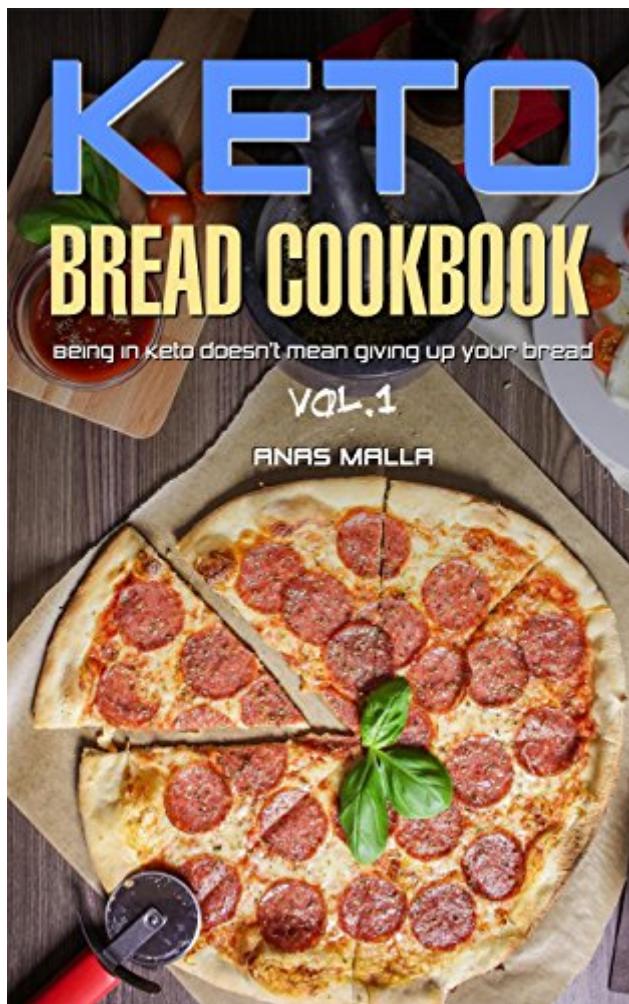


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Ketogenic Bread: 22 Low Carb Cookbook Recipes For Keto, Gluten Free Easy Recipes For Ketogenic & Paleo Diets, Includes Complete Nutritional; Bread, Muffin, ... Loss, Delicious & Easy For Beginners 1)





Synopsis

No Carbs?? No Problem!!We are a society that is so used to eating wheat products; from bread to waffles and muffins such that when we learn that we need to give up some of these foods if you want to adopt the ketogenic diet, many simply think that the diet is not for them. The amazing thing is that just because you cannot have bread made from wheat and other grains, does not mean that you cannot have some bread. You can still make bread, muffins, waffles and breadsticks using other flours like almond flour, coconut flour and flax meal among others.I have a sweet tooth too..Are you looking to adopt the ketogenic diet and still want to enjoy some bread, muffins, or waffles? Are you tired of the usual breads and muffins made from wheat and want to enjoy other types of bread made using different kinds of flours? If this is what you are looking for; then look no further because in this book, you will learn some amazing bread, muffin, waffle, and breadstick recipes that you can prepare. Thanks to this book, you can still enjoy some bread and waffles even when on a ketogenic diet.What To Expect?Ketogenic Bread RecipesKetogenic Muffin RecipesKetogenic Waffle RecipesKetogenic Breadsticks RecipesKetogenic Pizza Crust RecipesNot Only That, but we also include a complete table of nutritional data, Serving size, and How Much Calories, Carbs, Protein, And absolutely - Our favorite - The FATAfter you've finished with this book, I hope that you've learned how to make healthy and delicious recipes, So now you you finally found what you're looking for, Get your Copy Today. & Enjoy

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Customer Reviews

I am giving this four stars because there are some good wheat-free recipes. But only one recipe is nut-free and/or dairy free. For those on a diet that does not allow these things it won't be very valuable.

ahh no I can eat some pizza !

Lots of ideas and useful information, it's very straight forward with the recipes, organized and in depth. The book contain ingredients, directions & table of nutrition data to show how much carbs each serving contains

This book is an amazing innovation for people who wants to enjoy diet while still eating their favorite foods. I really had hopes on this book as I read through it. A lot of recipes that shows my favorite carbohydrate foods. I really love the way this book has encouraged me in my diet.

Great recipe breakdown specifics. the specifics of this books really is nice compared to what I am used to.

Awesome! I have already tried a few of the bread recipes out and I was really happy with the results and so was my family. I have been reading the other recipes and plan to make more tomorrow. The ingredients are really simple and easy to find in a normal shop. I am excited that grain free bread can taste so good, I'm very happy I purchased this book and would strongly recommend!

Many people believe they have to stop eating bread, pizza, muffins, or waffles once they adopt a ketogenic diet... That's not necessarily true, though. You can still eat those tasty things as long as they have a low carb content, and this book will show you exactly how to prepare them that way!

Is very useful book

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