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Ketogenic Desserts, Muffins, Cinnamon Rolls, Cookies and Other Pastry Goodness!: Low Carb Dessert with Nutrition Info, Simple Start to Ketogenic Diet

By Mary Kate Logan

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Getting Your FREE Bonus Download this book, read it to the end and see BONUS: Your FREE Gift chapter after the conclusion. Ketogenic Desserts, Muffins, Cinnamon Rolls, Cookies And Other Pastry Goodness! (FREE Bonus Included): 33 Mouthwatering Recipes For Those Who Miss Carbs. The Ketogenic diet is proving to be one of the most effective ways to easily melt through stubborn fat and reach the healthiest weight, for good! The problem is that it can create cravings for unhealthy carbs such as muffins, cakes, and other mouthwatering delicious treats. The truth is that most people will not be able to stick to a Keto diet, because it takes away some of the most delicious foods. Finally, though! You no longer have to feel deprived! You CAN stick to your Keto diet, and eat delicious foods and desserts at the same time! The Ketogenic Desserts, Muffins, Cinnamon Rolls, Cookies and Other Pastry Goodness! 33 Mouthwatering Recipes for Those Who Miss Carbs recipe book is filled with taste bud tempting recipes that will not only satisfy your cravings, but will...



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