

Ketogenic Homemade Ice cream: 20 Low-Carb, High-Fat, Guilt-Free Recipes



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Reviews

This pdf can be worthy of a study, and a lot better than other. I am quite late in start reading this one, but better then never. You wont truly feel monotony at at any moment of your respective time (that's what catalogues are for regarding in the event you check with me). (Prof. Douglas Grady)

KETOGENIC HOMEMADE ICE CREAM: 20 LOW-CARB, HIGH-FAT, GUILT-FREE RECIPES



Elizabeth Jane. Paperback. Condition: New. 30 pages. Dimensions: 10.0in. x 8.0in. x 0.1in. Its 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. Includes 20 of my most loved ice-cream recipes that are easy to create (with or without an ice-cream maker) Includes chocolate, refreshing fruits and a great assortment of unique flavors. Chocolate Includes Include: Double Chocolate Delight Choc-Chip with Vanilla Beans Chocolate Cinnamon Roll Refreshing Fruits Include: Blueberry Pancake Raspberry Cheesecake Peaches and Cream Unique Assortments Include: Pumpkin Pecan Spiced Latte Salted Cocoa Caramel Nutty Rose Also learn the easiest way to make ice-cream with an ice-cream maker! This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



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