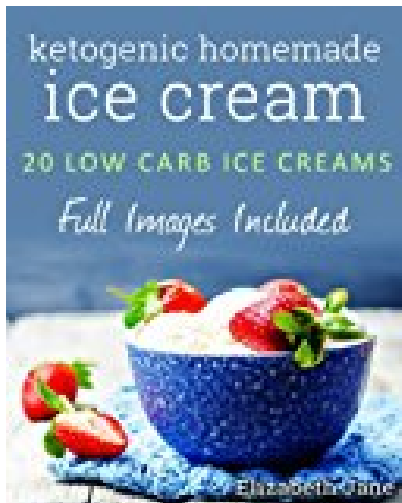


Ketogenic Homemade Ice cream 20 Low-Carb High-Fat Guilt-Free Recipes



BOOK DETAILS

- Author : Elizabeth Jane
- Pages : 32 Pages
- Publisher : Elizabeth Jane
- Language : English
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BOOK SYNOPSIS

Its summer and of course you want ice cream! But youre on a low carb diet so what you really want is low carb ice-cream. Also Paleo and Gluten Free! This book 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 Recipes Include: Double Chocolate Delight Ice Cream Choco-Chip Ice Cream with Vanilla Bean Chocolate Cinnamon Roll Ice Cream Refreshing Fruits Include: Blueberry Pancake Ice Cream Strawberry Swirl Ice Cream Peaches & Cream Ice Cream Unique Assortments Include: Pumpkin Spiced Latte Ice Cream Salted Cocoa Caramel Ice Cream Matcha Ice Cream Also learn the easiest way to make ice-cream without an ice-cream maker!

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