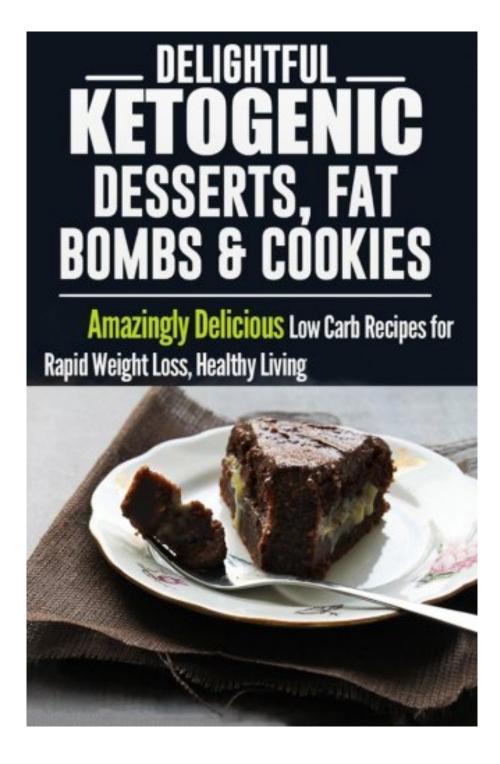


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0 of 0 people found the following review helpful. Great recipes! By Tracy Larson Full of great low carb recipes!

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Yum.

By Leelee L

I am a sugar nut.

Unfortunately, through a lot of problems and several hospital visits, I found myself in need of a lifestyle change.

I have started the Ketogenic diet in order to better myself and balance myself. So far I have found several books helpful, but I saw the dessert on the front cover of this and thought "oh, heck, I have to."

So far these recipes, the few that i've seen, have looked great. I have adapted a few of them to various ingredients more suited to what I have in my kitchen (Almond flour vs. Coconut flour, etc) but so far this has been worth it.

It also said it came with other books (?) which I have not figured out how to access or read yet (or maybe I have and i'm just not realizing it and putting 2 and 2 together?) But anyhow even as a standalone book it is worth purchasing in my opinion.

0 of 0 people found the following review helpful. Loved this book! By Pedro M.

This book is amazing, I'm a great sugar fan! And diets are the worst for me, it's so hard to give up on sugar from one day for another, for me is near impossible, but this books has all those amazing and delicious recipes for amazing deserts! I haven't been able to try them all but the cheesecake is simple amazing, me and my kids enjoyed it so much!!

All the recipes in the book are so easy to do, they are easy to read and have very detailed instructions so I wasn't lost art anytime and got to deliver a nice and so yummy low carbs desert!! My family just loved it and I'm so happy to get to enjoy this amazing deserts without the horrible weight of all those carbs!! AMAZING BOOK!! SOOOO RECOMMENDED!

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