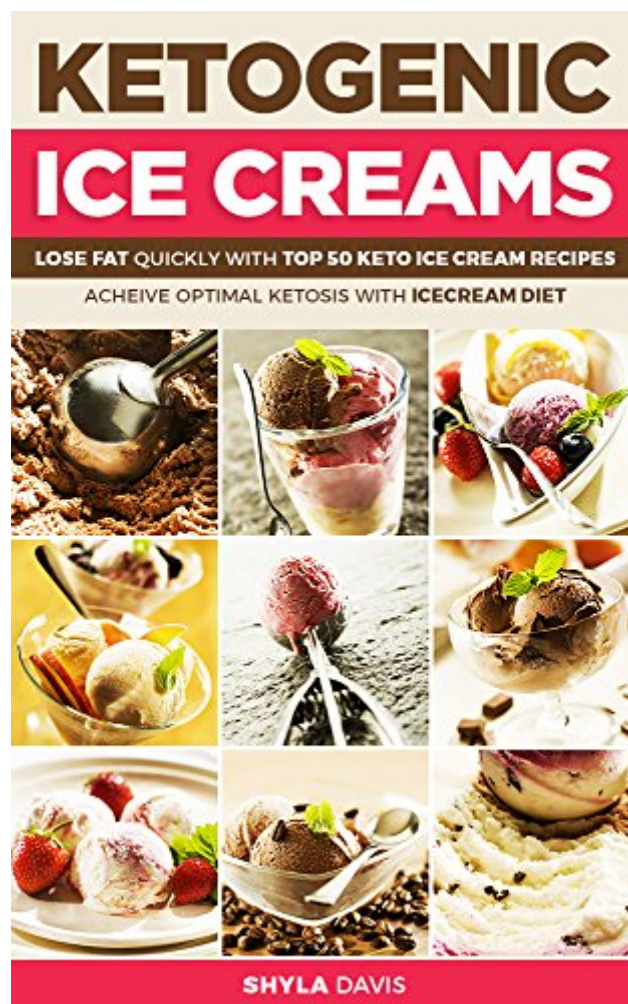


The book was found

Ketosis: Keto: Ketogenic Diet: Ketogenic Ice Creams: Lose Fat Quickly With Top 50 Keto Ice Cream Recipes (diabetes, Diabetes Diet, Paleo, Paleo Diet, Low Carb, Low Carb Diet, Weight Loss Book 1)





Synopsis

Ketogenic Diet - Nobody said you had to give up Ice Creams if you're trying to lose weight. Keto Ice Creams are a delicious opportunity to step back and truly enjoy life. When you are trying to responsibly manage your weight, it can feel less like a joyous opportunity and more like a moment to throw away all the day's work. Fortunately, it is possible to have the best of both worlds. Thankfully, weight loss Ice Creams do exist. In this book you get 50 mouthwatering and excellent sweet treats that can actually help you reach your weight loss goals! Give your sweet tooth what it really wants.

Book Information

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Cookbooks, Food & Wine > Special Diet > Ketogenic

Customer Reviews

If I could give this 0 stars I would. There are 50 recipes so I suppose they were truthful in that area. But to call them keto in anyway is absurd. There are recipes calling for 2 and 2.5 cups of sugar, not a sugar substitute but SUGAR! There is zero nutritional information for the recipes so it's possible for someone new to keto and unfamiliar with typical nutritional information to be completely sabotaged if they try one of these recipes. Very dishonest and I DO NOT recommend this book to

anyone who is on keto. If you want just a regular ice cream recipe cookbook then I suppose you could use this but it is not what it is advertised as at all!

Most of the recipes look easy and probably taste good. However a couple do not make sense as if something is missing. The author seems to be English, or at least, not American. Perhaps this is the problem. One mentioned a package to make sugar-free jelly. I would assume they mean Jello but the rest of the recipe doesn't make sense, at least to me. I will be trying several of the recipes.

Ice cream is one of my favorite thing in the world and finding out that you can eat ice cream while still getting healthy, I can never get rid of it in my system. Not Ever! It was first time making an ice cream of my own and it was surprisingly easy and fun. Takes a lot of time though but it was so worth the wait. This has become the most important book in my library now.

This book is amazing. I really do love ice cream and this book shared some homemade ice cream recipe which is low carb and taste yummy. It is a good book for we can make ice cream even without an ice cream maker. The book provides a nice presentation which will attract every reader and has a clear instruction to follow. This book deserves a five star and I highly recommend it. If you are planning to go on a diet and would not want to stop eating ice cream then you are reading the right kind of recipe book. The combination of ketogenic diet and ice cream is such an amazing experiment well thought about.

Ketogenic Ice Creams? Seriously? Well, I guess this book is serious. And when it said: "Ketogenic Diet - Nobody said you had to give up Ice Creams if you're trying to lose weight." I couldn't agree more. This has been quite a grab. It has about 50 ice cream recipes--Keto Ice Cream Recipes to be exact. And I just can't believe that I will be able to do them myself. Losing weight has always been a struggle for me, but with this book, things will have a different perspective. If only there were pictures. But this doesn't change the effect of this book to me.

If you ever worried that you might not get full use out of your ice-cream maker, cast your doubts aside. This book is one of the best book on Keto Ice cream. Keto Ice Creams are a delicious opportunity to step back and truly enjoy life. When you are trying to responsibly manage your weight, it can feel less like a joyous opportunity and more like a moment to throw away all the dayâ€™s work. In this book the author provides 50 mouthwatering and excellent sweet treats that

can actually help you reach your weight loss goals. Finally, I enjoyed this book very much. Thanks Shyla.

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