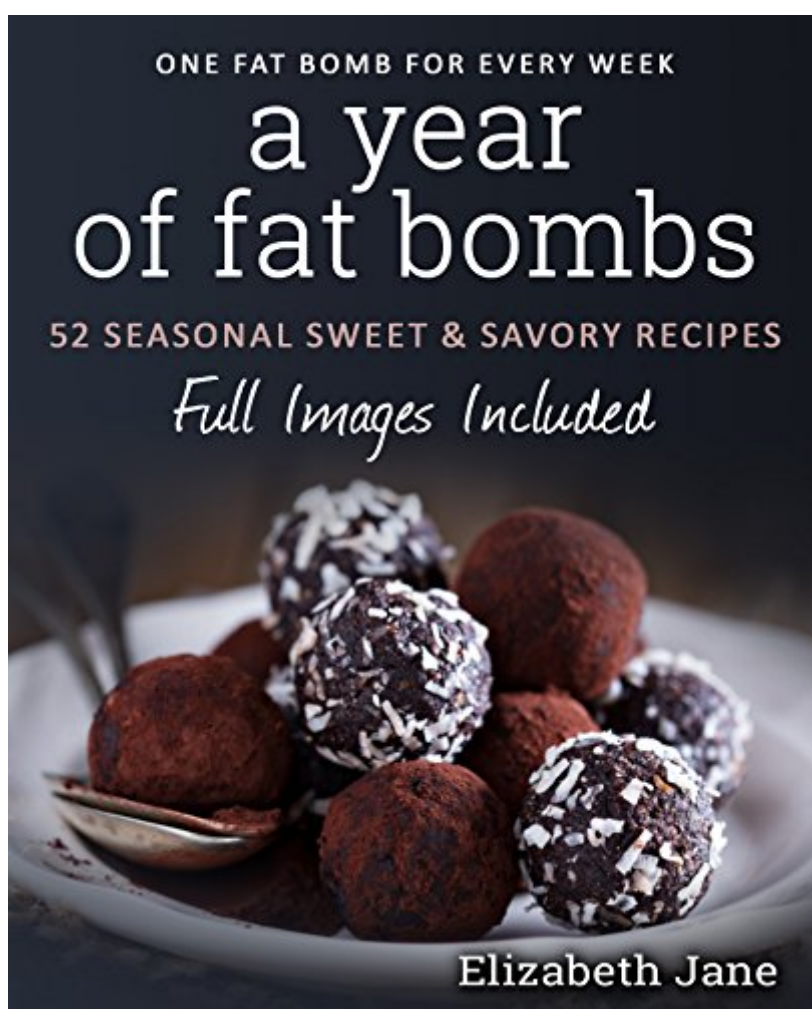


The book was found

A Year Of Low Carb/ Keto Fat Bombs: 52 Seasonal Recipes Ketogenic Cookbook (Sweet & Savory Recipes) (Elizabeth Jane Cookbook)





Synopsis

A Year of Keto Fat Bomb Recipes, Created for Each of the Four Seasons. 52 Recipe Fat Bomb Ketogenic Diet Cookbook All for the Price of Your Morning Coffee. Includes Sweet & Savory Keto Fat Bombs. Spring Recipes Include: Chocolate Sunflower Fat Bombs Matcha Tea Fat Bombs Coconut Eggs Summer Recipes Include: Tropical Cheesecake Fat Bombs Creamy Coconut Truffles Cream Cheese Jello Fat Bombs Fall Recipes Include: Pumpkin Spiced Fat Bombs Apple Cinnamon Fat Bombs Creamy Caramel Fat Bombs Winter Recipes Include: Hemp & Peppermint Fat Bombs Coco-Custard Fat Bombs Simple Mocha Fat Bombs As a bonus, there are 10 free Keto Smoothie recipes inside too.

Book Information

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Customer Reviews

Oh my are these good. I was recently diagnosed as prediabetic and I am rapidly switching to low carbs and zero factory processed food (and its working!) but really hated the thought of missing my favorite chocolate treats: creamy fudge and peanut butter cups. They just have too much sugar even homemade to stay on my new life menu. Much to my surprise and great pleasure, these Fat

Bombs (not a very flattering name, unfortunately) are every bit as good as any regular fudge or other homemade candies I have ever had and they are really low carb. Wow, I am impressed. Thank you Ms. Jane!

Has anyone made the peanut butter explosions???? How are you to roll liquid into balls?????

Pure Keto indulgences. Easy to make. Recipes are very clearly written. Includes both sweet and savory treats. Great photos of the finished product

I highly recommend this book because the recipes are easy and the ingredients are easily available and on hand. A perfect go to guide for healthy fat on the go.

So yummy! Losing weight faster now that I'm using fat bombs. Enjoying one or two of these a day; it's heaven.

Lots of great ideas in here.

Love this book!!! Very easy to read and understand. Simple, yummy recipes

the ketogenic diet seems a healthy and useful way to feed your body. I can't wait to start taking action and experiment the new recipes I learned from this book

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(low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) LOW CARB DIET: KETOGENIC DIET: 1000 BEST LOW CARB AND KETOGENIC DIET RECIPES (BOX SET): low carb cookbook, ketogenic diet for beginners, low carb diet for beginners, low carbohydrate diet, ketogenic Low Carb: Low Carb, High Fat Diet. The Winning Formula To Lose Weight (Healthy Cooking, Low Carb Diet, Low Carb Recipes, Low Carb Cookbook, Eat Fat, Ketogenic Diet) Low Carb Candy Bars: 25 Low Carb Recipes To Satisfy Your Sweet Tooth: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) The Ketogenic Diet Cookbook: Lose 15 Lbs In Two-Weeks With 66 Perfect Low Carb Keto Recipes: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) Fat Bombs: Delicious Low-Carb High-Fat Sweet and Savory Ketogenic & Paleo Fat Bombs Low Carb: The Ultimate Beginner's Low Carb Guide to Lose Weight Quick without Starving With over 20 Easy Recipes To Follow. (Low Carb, Low Carb Cookbook, ... Diet, Low Carb Recipes, Low Carb Cookbook) Low Carb Cookbook: 500 BEST LOW CARB RECIPES (low carb diet for beginners, lose weight, Atkins diet, low carb foods, low carb diet weight loss, low carb food list) Keto Bread Cookbook: Real Low Carb Recipes: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) VEGAN KETO: The 120 most delicious vegan ketogenic recipes for weight loss and healthy living (ketogenic diet, vegan, keto, keto diet, ketogenic, ketosis, keto cookbook, ketogenic cooking) Ketogenic Diet: 144 Ketogenic, Healthy, Delicious, Easy Recipes: Cooking and Recipes for Weight Loss and Fat Loss (Low Carb, Lose Fat, Low Carbohydrate, ... Eating, Ketogenic Cookbook, Keto Diet) Low Carb: Don't starve! How to fit into your old jeans in 7 days without starving with a Low Carb & High Protein Diet (low carb cookbook, low carb recipes, low carb cooking) Low Carb: Low Carb High Fat Diet - How to Lose 7 Pounds in 7 Days with Low Carb and High Protein Diet Without Starving! (low carbohydrate, high protein, ... carb cookbook, ketogenic diet, paleo diet) Bath Bombs: A Step-By-Step Beginner's Guide to Making Simple, Homemade Bath Bombs + 50 Luxurious DIY Bath Bombs Recipes (bath bombs for beginners, bath bombs recipes book, bath salts, body scrubs) KETO SLOW COOKER: 120 Delicious, Quick and Easy Ketogenic Slow Cooker Recipes (keto, ketogenic, ketogenic cookbook, slow cooker, slow cooking, ketogenic ... weight loss, paleo, low carb, cleanse)

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