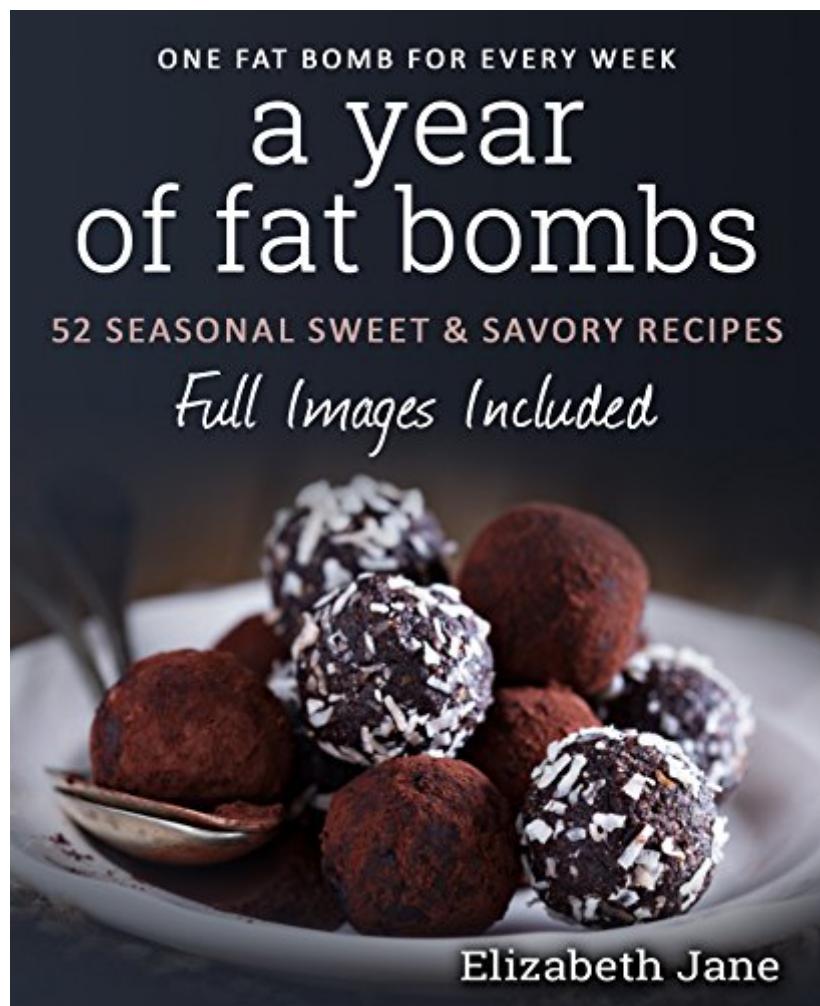


The book was found

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 EggsSummer Recipes Include:Tropical Cheesecake Fat Bombs Creamy Coconut Truffles Cream Cheese Jello Fat BombsFall Recipes Include: Pumpkin Spiced Fat Bombs Apple Cinnamon Fat Bombs Creamy Caramel Fat BombsWinter Recipes Include:Hemp & Peppermint Fat Bombs Coco-Custard Fat Bombs Simple Mocha Fat BombsAs 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 recepies i learned from this book

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