

Keto Fat Bombs, Sweets & Treats Read EBooks PDF English Urvashi Pitre



Keto Fat Bombs, Sweets & Treats download or read online Urvashi Pitre PDF gratuito per e-book / ePub / Mobi / Mp3 / Txt, From the bestselling author of *The Keto Instant Pot Cookbook*, *Indian Instant Pot Cookbook*, and *Instant Pot Fast & Easy*

Delicious low-carb desserts, baked goods, and other treats for people following the incredibly popular keto diet

The ketogenic diet has taken America by storm, and bestselling author Urvashi Pitre can attest to its effectiveness firsthand. Following this high-fat, low-carb way of eating helped her lose (and keep off) 80 pounds. Best known for the high-quality and impeccably tested recipes on her blog, TwoSleevers.com, Urvashi here turns her expertise to the snacks and treats that people miss most when they're eating the keto way—quick breads, muffins, pancakes, cookies, cakes, pies, ice cream, and more. Urvashi offers recipes for many classic, high-carb favorites that have been reworked to be “fat bombs,” which help keep your macros in balance, as well as prevent you from craving all the things you usually can’t eat when you're trying to lose weight. Many of the more than 100 recipes require no more than 10 to 15 minutes of prep time, and they taste as delicious and indulgent as they sound—how about Chocolate Peanut Butter Pops, Mocha Cheesecake, or Almond Butter Bombs? She also includes recipes for tasty smoothies, savory dressings, and sauces to round out the collection.

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