



Ketogenic Desserts (50 Delicious Low Carb Dessert Recipes for Healthy Weight Loss)

Maya Lyon

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Fall in love with the Sweet, Creamy, Crispy, Crunchy, Melty textures of these Desserts, Fat Bombs and Cookies without having to worry about sugar and carbs.

Welcome to the Most Delicious and Enjoyable way to Lose Weight fast and stay in Fantastic Shape!

Who says low carb means no sweets?? I find ways to add a little sweetness into my life every day! In fact, these Ketogenic Desserts are way better than sugar filled ones, just try one recipe and you'll be hooked!

The recipes included in this book are naturally Low Carb, Gluten Free and the EASIEST way to meet your 75% healthy fat ratio throughout the day.

These desserts & fat bombs are quick, simple and satisfying. They are also packed full of metabolism-boosting and belly-fat-burning goodness!

Not to mention the added micro-nutrients, vitamins, minerals and superfoods in some of these indulgent little recipes.

Here Is A Preview Of The Delicious Recipes You Will Find In This Book:

- All-stars Peanut-Butter Cookies
- Almond Chocolate Brownies
- Carrot Flowers Muffins
- Coconut Jelly Cake
- Cottage Pumpkin Pie Ice Cream
- Hemp and Chia Seeds Cream
- KETO Chocolate Brownies
- Raspberry Chocolate Cream
- Keto Hazelnuts Chocolate Cream
- Keto Instant Coffee Ice Cream
- Sinless Pumpkin Cheesecake Muffins
- Keto Mouse Chocolate
- Raw Cacao Hazelnut Cookies
- Tartar Keto Cookies
- Keto Strawberry Pudding
- Minty Avocado Lime Sorbet
- Morning Zephyr Cake
- Sour Hazelnuts Biscuits with Arrowroot Tea
- Wild Strawberries Ice Cream
- Mini Lemon Cheesecakes
- Chocolate Layered Coconut Cups
- Pumpkin Pie Chocolate Cups
- Fudgy Slow Cooker Cake
- Easy Sticky Chocolate Fudge

- Cinna-Bun Balls
- Vanilla Mousse Cups

Each recipe has a FULL Nutritional Breakdown so you can keep track of your calories.

So let's start trimming off that weight right away!

Start your journey to ultimate health and vitality today!

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Tamika Sheppard:

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