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# Ice Cream: Ketogenic Homemade Ice Cream (Paleo / Gluten Free): 20 Low-Carb, High-Fat, Guilt-Free Recipes



## Synopsis

It's summer and of course you want ice cream! But you're on a low carb diet so what you really want is low carb ice-cream. Also Paleo and Gluten Free! This book includes 20 of my most loved ice-cream recipes that are easy to create (with or without an ice-cream maker). Includes chocolate, refreshing fruits and a great assortment of unique flavors. Chocolate Recipes Include: Double Chocolate Delight Ice Cream Choco-Chip Ice Cream with Vanilla Bean Chocolate Cinnamon Roll Ice Cream Refreshing Fruits Include: Blueberry Pancake Ice Cream Strawberry Swirl Ice Cream Peaches & Cream Ice Cream Unique Assortments Include: Pumpkin Spiced Latte Ice Cream Salted Cocoa Caramel Ice Cream Matcha Ice Cream Also learn the easiest way to make ice-cream without an ice-cream maker!

## Book Information

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## Customer Reviews

Haven't seen a book like this one. Exactly what it says Ketogenic Homemade Icecream. Easy to follow directions and each of the recipes had pictures. The nutritional facts were very helpful as well. One of my favorites is the choco-chip with vanilla bean. I don't add the salt like it calls for in the

recipe and it still tasted great! The cherry bomb was also delicious. It was a good read and I definitely recommend to any newcomer to the keto diet.

I just purchased this book and quickly read through the wonderful looking recipes. I am not sure about one ingredient I see in several recipes though....Glycerin? Never heard of this as a food item so will have to check that out. The book is easy to read, notes the carb content and shows great pictures. Glad I purchased!

If you are looking for healthy way to fuel your body, defuse your hunger and satiate your cravings for something sweet, try an explosively delicious Ice cream! Finally, the perfect way to curb hunger pangs and cravings in between meals, or for a decadent dessert!

This book is chocked brimming with recipes, I anticipate keeping it readily available for day by day reference. In case you are needing to begin a superior eating routine and would not have any craving to stop eating solidified yogurt then you are scrutinizing the right kind of recipe book. In case you are needing to begin a superior eating routine and would not have any yearning to stop eating solidified yogurt then you are scrutinizing the right kind of recipes book.

I am so fond of eating anything with chocolate and these ice cream recipes are really irresistible to try. The chocolate cinnamon roll is just so perfect for my taste. Never thought that I could make my own ice cream. These are really delicious and refreshing!

Now I'm finally interested in using an ice cream maker I got for a gift years ago. Low carb ice cream is seldom available in stores, and is expensive unless on sale. It helps me stay on my low carb diet, the only one that allowed me to lose weight, and I intend to keep it off!

I so love icecream that is why when I saw this book, I never hesitate to grab it because this is a perfect time to made my own ice cream. So delicious ice cream with low carbs. I am pretty sure my kiddos will love it too.

Wow! 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!

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