



Easy Low Carb Sweets

Betty Cooke

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New to the Low Carb way of life and anxious about giving up your sweet treats? Need sweet and tasty, quick and simple recipes for Low Carb treats? The recipes in this book are easy to prepare and will help you stay on plan. Are you a veteran of Low Carb and looking for kitchen inspiration for your Low Carb sweet treats? There are sure to be recipes here that you have not yet sampled. There is a recipe (or two, or three..) for everyone including cakes, cookies, mousses, chocolates and muffins. Many of the treats featured are less than 1g of carbs per serve.

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