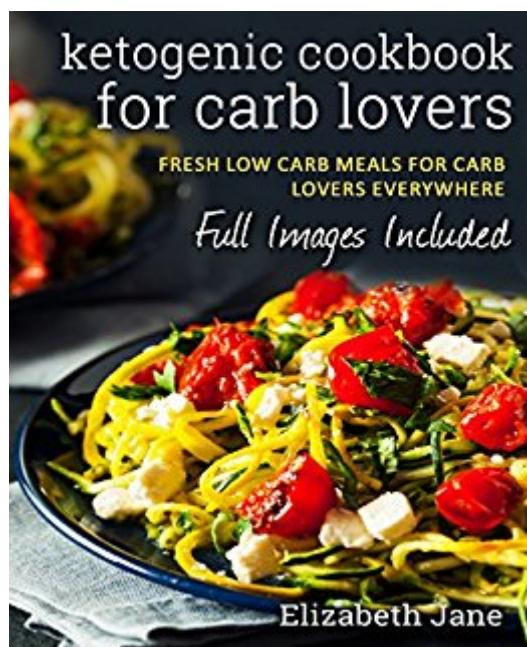


The book was found

Keto: Carb Lovers Keto Cookbook (Paleo & Gluten Free): Pizza, Breads, Pies & Much More



Synopsis

If you miss your favorite carbohydrate dishes on a low carb diet, then this book is for you. Continue to burn fat whilst eating your favorite sandwiches, traditional lasagna and keto pizza. 50 recipes using fresh ingredients (not processed low carb alternatives) including: bread (sweet & savory), 'potatoes', 'rice', pizza, quiches, pies (sweet & savory) and more. Bread Recipes Include: Easy Blender Sandwich Bread 5 Minute Naan Bread Cranberry Pumpkin Seed Bread Pizzas Include: Spinach & Mozzarella Pizza Grain-Free Flat Breads Turkey & Cheese Pizza Rolls Desserts & Snacks Include: NY Style Cheesecake Chipotle Lime Kale Chips Easy Chocolate Mug Cake Noodles & Pasta Include: Garlic Spaghetti Shrimp with Parmesan Spicy Lasagna Stuffed Spaghetti Squash Pies Include: Shepherd's Pie Beef Pot Pie Dark Chocolate Tart

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Customer Reviews

I am going to try reviewing this cookbook from different angles, so bear with me as I consider first, the writing; second, the organization and layout; third, the perceived taste quality; fourth, the bonus features. First, the writing and editing issues: The author writes in a clear, no nonsense style. The reading is easy to read and understand. I also appreciated her comments regarding her reasoning

regarding her own health. If the only evaluation were the writing and editing, I would rate this at five stars. Second, the recipe organization and layout of the recipes. In this aspect, the book falls short. The recipe ingredient organization would be enhanced if the item with the greatest quantity were listed at the top, to avoid mistakes by the cook/baker. View the attached photos if you don't understand. Further, the free PDF formats she gives readers for free, clearly list the ingredients, but her Kindle version does not. If this were the only gauge, I would rate this at three stars. Third point: perceived taste quality: Almond flour does not appeal to me, but it may be just the ticket for others. However, it appears this cook has a rather bland desire, because she doesn't seem to understand the value of spices in her meals. As an example, I love using a little white pepper and crushed herbs and spices. The taste quality tells me that these recipes seem good for only those people who have no desire to enjoy the taste of what they eat. Two stars. Lastly, I think the nutrition statements and accompanying photographs are terrific. Five stars out of five. If you enjoy the typical UK- of cooking and baking, you'll love each of these recipes.

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