



Ketogenic Desserts and Sweet Snacks

Elizabeth Jane

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Burn Away Your Belly Fat While Eating Delicious Keto Desserts. All Containing Full Nutritional Information & *Images of All Recipes*. (Easy To Make Too!)
Includes Bonus Keto Smoothie Recipe Book

It does seem strange that by eating 'fat bombs' you can be healthier, but that is the promise and science behind the Keto Diet. You get to have your (high fat/ low carb) cake and eat it too.

The Keto Diet (like any diet), can seem hard and monotonous at times. You eat the same foods over and over. Adding in a variety of desserts is a great reward for keeping on the Ketogenic Diet (while not blowing the diet).

Within the book you'll learn how to make these 20 simple yet delicious Keto desserts! Including:

- Butter Pecan Ice Cream
- Dark Chocolate Truffles
- Chocolate Lava Cake
- Decadent Chocolate Cream Cake
- Coconut Cream Brownies
- Peanut Butter & Jellt Cookies
- Mini Chocolate Avocado Tarts
- Chocolate Drizzled Macaroons

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