



## Low Carb High Fat Cakes and Desserts: Gluten-Free and Sugar-Free Pies, Pastries, and More (Hardback)

By Mariann Andersson

Skyhorse Publishing, United States, 2015. Hardback. Condition: New. Language: English . Brand New Book. We all need a little sugar every now and then. Sometimes you simply crave a little something sweet, but desserts and treats often have a reputation for ruining your diet. Wouldn't it be great if you could eat all the cakes, cookies, and sweets you wanted without gaining weight? With the tasty treats in this book, you now can! Learn to substitute coconut flour for wheat and replace sugar with natural sweeteners--you won't be able to taste the difference. These healthy alternatives are perfect for both satisfying your own sugar craving and serving at parties and get-togethers. Your guests will be impressed with the delectable treats and grateful for their health benefits. Healthy, yet scrumptious recipes include: Blueberry Mousse Cake Mini Strawberry Mousse Pies Rhubarb Cheesecake Orange Cookies Raspberry Panna Cotta Pie With Cakes and Desserts with Low Carb High Fat, you can satisfy your sweet tooth without ruining your diet. This book is a must-have for the health-conscious baker. Skyhorse Publishing, along with our Good Books and Arcade imprints, is proud to publish a broad range of cookbooks, including books on juicing, grilling,...



**READ ONLINE**  
[ 7.56 MB ]

### Reviews

*Very useful for all group of people. It is amongst the most incredible pdf i actually have read through. Its been written in an extremely straightforward way and it is just right after i finished reading through this pdf by which basically modified me, change the way i think.*

-- **Felicia Nikolaus**

*These sorts of ebook is the ideal book offered. It can be written in simple terms rather than confusing. I discovered this pdf from my dad and i advised this publication to understand.*

-- **Mr. Alejandrin Murphy PhD**