



Low Carb Breads, Crackers and More: From The Authors of The Low Carb High Fat Diet (Ketogenic Book 2)

Laura Childs, Veronica Childs

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Low Carb dieters can finally eat bread - that tastes like bread - again!

After months of low carb dieting and collectively losing over 100 pounds, Veronica and Laura Childs have released their newest book "Low Carb Breads, Crackers, and More."

Are you fed up with making 'something like a bread dough' out of hard to find, or annoying to prepare, ingredients? Tired of that boring old microwave muffin but don't want to put questionable ingredients into your body? Don't have the time to blanch, chop and strain expensive vegetables just to enjoy a slice of low carb pizza?

We were too!

As authors of The Low Carb High Fat Diet, our friends and readers consistently requested a better low carb bread than they could find in a grocery store or online.

The criteria, based on reader feedback, was for recipes that were:

- Low carb versions of basic dietary staples - breads, crackers, wraps, pizza, muffins and a few sweeter treats.
- Real food made with real ingredients - no fake sugars, no chemical additives, and fewer factory processing.
- Low carb crackers fit for a party, and bread that the entire family would eat (so busy cooks could stick to their diet without having to prepare two separate meals every night).
- Easy to find ingredients, preferably locally purchased, at low to moderate cost.
- Fast preparation - so busy moms, singles and families could get out of the kitchen sooner.
- Complete and verifiable nutritional data.
- More baked, less microwaved, low carb recipes.

As it turned out many low carb high fat dieters have been missing more than a decent slice of bread. We needed crackers for cheeses and dips. Hot rolls to accompany soups and stews. A quick pizza dinner and calzones. Stuffing for our Thanksgiving, Christmas and Easter dinners. Better buns and even banana bread!

This book is the mobile version of our personal baking binder, whittled down to the favored 40+ recipes including pitas, bagels, and donuts. You'll also find a bonus of favorite dips (15 in all) that are suitable for both casual meals and large family gatherings.

Every recipe has nutritional information and most have photos, descriptions and serving suggestions. With your health and budget in mind, you'll also find an introduction to low carb baking and common ingredients.

Contact information is inside the book should you have any questions. We are always thrilled to hear from you and assist you on your low carb diet adventure.

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From reader reviews:

Marco Roy:

As people who live in typically the modest era should be revise about what going on or info even knowledge to make these keep up with the era which can be always change and make progress. Some of you maybe will update themselves by reading books. It is a good choice in your case but the problems coming to you is you don't know what kind you should start with. This Low Carb Breads, Crackers and More: From The Authors of The Low Carb High Fat Diet (Ketogenic Book 2) is our recommendation to help you keep up with the world. Why, because this book serves what you want and wish in this era.

Jessie Taylor:

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Larry Munoz:

This Low Carb Breads, Crackers and More: From The Authors of The Low Carb High Fat Diet (Ketogenic Book 2) is great book for you because the content that is certainly full of information for you who have always deal with world and get to make decision every minute. This particular book reveal it details accurately using great plan word or we can declare no rambling sentences within it. So if you are read this hurriedly you can have whole info in it. Doesn't mean it only will give you straight forward sentences but hard core information with attractive delivering sentences. Having Low Carb Breads, Crackers and More: From The Authors of The Low Carb High Fat Diet (Ketogenic Book 2) in your hand like getting the world in your arm, data in it is not ridiculous one. We can say that no guide that offer you world throughout ten or fifteen minute right but this guide already do that. So , this can be good reading book. Hey there Mr. and Mrs. busy do you still doubt which?

Stacie Schneider:

What is your hobby? Have you heard in which question when you got learners? We believe that that problem was given by teacher for their students. Many kinds of hobby, Every person has different hobby. So you know that little person including reading or as studying become their hobby. You should know that reading is very important and book as to be the thing. Book is important thing to increase you knowledge, except

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