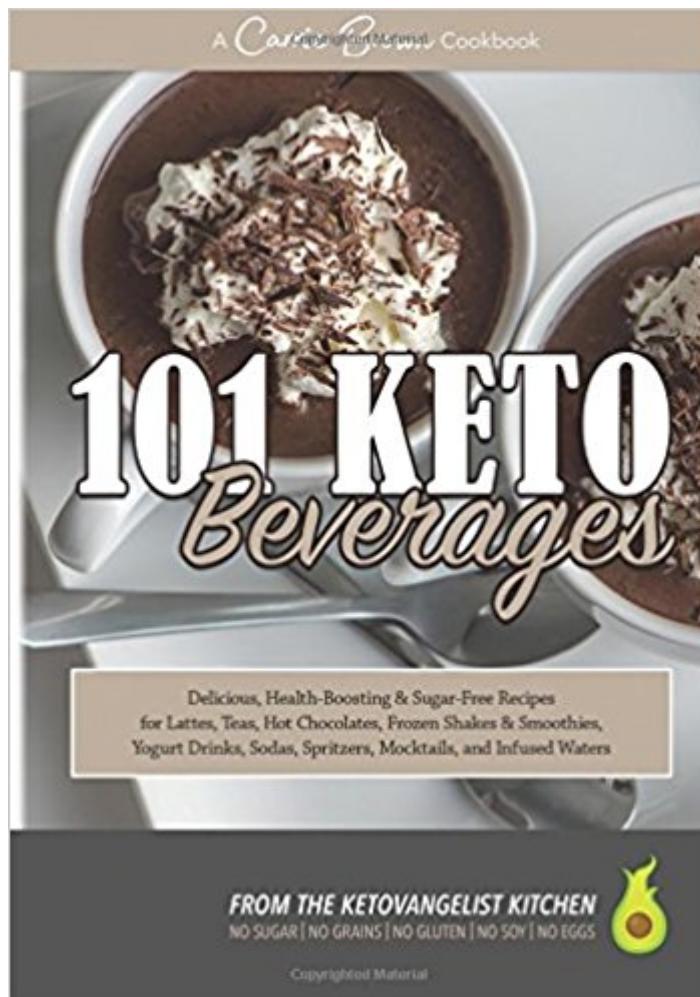


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101 KETO Beverages: Amazingly Delicious, Health-boosting, Sugar-free Lattes, Teas, Hot Chocolates, Frozen Drinks, Yogurt Drinks, Sodas, Mocktails, And Infused Waters





Synopsis

For anyone wanting to feel fantastic without giving up taste, improve their health dramatically, and lose body-fat, this beverage cookbook is crammed with fabulous recipes for 101 delicious, health-boosting, sugar-free lattes, teas, hot chocolates, frozen drinks, yogurt drinks, sodas, mocktails, and infused waters that will help in the quest for improved health and increased fat-loss goals. Carrie Brown drank her way through enough water, nut milks, and heavy cream to fill a swimming pool so she could bring you 101 amazing beverage recipes to rock your KETO taste buds and bring total beverage enlightenment to your low carb lifestyle. You no longer have to go without your favorite drinks in order to be healthy. Recipes that require minimal work. Simple recipes that the least experienced cook can follow and get great results. All the basic tenants of KETO: no grains, gluten, sugars, starches, soy, or industrialized processed vegetable and seed oils. Ingredients that are very low- or no-carb, and / or are low on the glycemic index. Delicious recipes that no one will know were created for a *low-carb* diet or lifestyle. 101 different flavors for every palate to save the time and frustration of searching for recipes online that you don't know will work, and don't know will be delicious. Beverages include: Black Cherry Amaretto Latte Maple Coconut Green Tea Frappé Hot Chocolate like You've Never had Before Caramel Hazelnut Lassi Grasshopper Fudge Frappé Pumpkin Spice Latte Black Cherry Soda Coconut Lime Lassi Gingerbread Latte Strawberry Lemon Basil Water Moscow Mule Roasted Cocoa Bean Latte Raspberry Mint Iced Tea Apple Pie Lassi No More Death by Chocolate Frappé Root Beer Cherry Limeade Spritzer with Basil and Mint Pyromania Hot Chocolate Raspberry Truffle Latte Developed for awesome people following any of the following lifestyles: KETO, LCHF, LowCarb, SANE, Paleo, Wheat Belly, Banting, Primal, Wild Diet, Clean Eating, weight-loss, gluten-free, grain-free, sugar-free, egg-free, diabetic, and other real-food dietary lifestyles! All recipes are free of sugar, grains, gluten, eggs, and soy. Most can be easily modified to accommodate folks who are dairy-free. Safe for Diabetics. For more lip-smacking recipes and all of Carrie's cookbooks, visit www.ketovangelistkitchen.com Foreword by the fabulous Dr. Ted Naiman, Physician and owner of www.burnfatnotsugar.com

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