



Low-Carb Ice Cream and Frozen Desserts Cookbook. 25 Easy Delicious Low-Carb Hom (Paperback)

By Rebecca Larsen

Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. This cookbook features 25 recipes for frozen low-carb desserts from around the world. If you are cold, you will love these frozen desserts. Cool yourself with these low-carb desserts all summer or serve them as dessert without a ton of calories. Here s how this book comprises on frozen desserts. The book has four chapters. It begins with the brief description of the ice creams, sorbets, granitas and other desserts and essential ingredients to make them. This is followed by three chapters of dessert recipes that are of homemade ice creams, sorbets and other frozen desserts like frozen yogurt, popsicles, granitas, and sherbet. Each recipe chapter provides easy to make desserts with detailed steps. The Ice cream chapter provides low carb ice cream recipes with the option of making them with or without an ice cream maker. The sorbet chapter contains low-fat and sweet sorbets such as lemon sorbet, chocolate sorbet, and Pina colada sorbet. Firstly, let s look at the ingredients. Most of the frozen desserts require the following ingredients: milk, butter, sugar substitutes, half-and-half, flavorings like vanilla and fruits.



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Reviews

An extremely wonderful book with lucid and perfect information. It is one of the most awesome publication i have read. Your life period will probably be enhance the instant you total looking at this pdf.

-- Prof. Dan Windler MD

It is really an amazing publication i actually have at any time read. It is really simplistic but unexpected situations inside the 50 percent of your pdf. Its been written in an exceptionally simple way in fact it is just right after i finished reading this ebook where actually transformed me, alter the way i really believe.

-- Dr. Celestino Spinka III