



# **Low Carb High Fat Baking: Over 40 Gluten- and Sugar-Free Recipes for Pastries, Desserts, and Delicious Treats**

*Mariann Andersson*

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## **Low Carb High Fat Baking: Over 40 Gluten- and Sugar-Free Recipes for Pastries, Desserts, and Delicious Treats** Mariann Andersson

Sometimes a diet goes down better with just a little taste of sweet. Wouldn't it be great if desserts made you healthier? Now you don't have to skip the tastiest course. *Low Carb High Fat Baking* brings you the next piece of the low carb high fat diet craze from Sweden! With over forty delicious recipes for pies, cakes, cookies, and tasty morsels, *Low Carb High Fat Baking* is the must-have book for anyone looking to cut sugar or gluten from his or her diet, including desserts.

Learn to substitute coconut flour for wheat flour and replace sugar with natural sweeteners—the difference won't be in the taste. These treats will make perfect, healthy alternatives to serve at parties, family get-togethers, and afternoon coffee klatches with friends.

Healthy, scrumptious recipes include:

- Midsummer pie
- Cinnamon and cardamom cake
- Swiss chocolate rolls
- Almond bites
- Buns
- Whoopee pies
- And many more!

Lose weight and keep it off by baking sweets you can feel good about—with no sugar or gluten added! With *Low Carb High Fat Baking* in your kitchen, you'll have healthy, satisfying, and oh-so-delectable treats ready for every occasion!

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