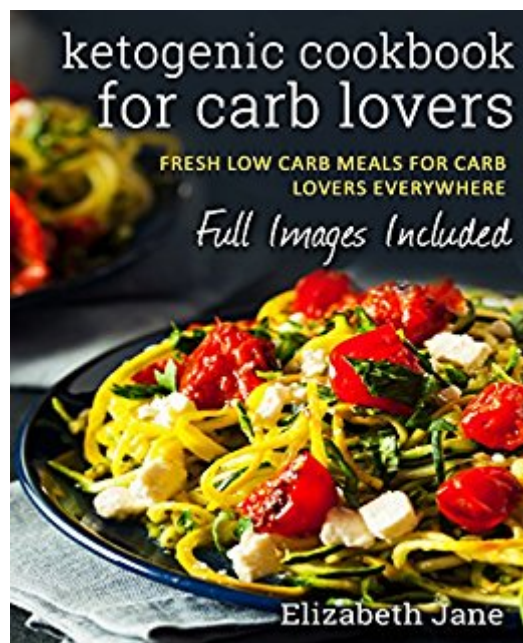




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# Carb Lovers Ketogenic Cookbook (Paleo & Gluten Free): Pizza, Breads, Pies & Much More (Elizabeth Jane Cookbook)



## Synopsis

If you miss your favorite carbohydrate dishes on a low carb diet, then this book is for you. Continue to burn fat whilst eating your favorite sandwiches, traditional lasagna and keto pizza. 50 recipes using fresh ingredients (not processed low carb alternatives) including: bread (sweet & savory), 'potatoes', 'rice', pizza, quiches, pies (sweet & savory) and more. Bread Recipes Include: Easy Blender Sandwich Bread 5 Minute Naan Bread Cranberry Pumpkin Seed Bread Pizzas Include: Spinach & Mozzarella Pizza Grain-Free Flat Breads Turkey & Cheese Pizza Rolls Desserts & Snacks Include: NY Style Cheesecake Chipotle Lime Kale Chips Easy Chocolate Mug Cake Noodles & Pasta Include: Garlic Spaghetti Shrimp with Parmesan Spicy Lasagna Stuffed Spaghetti Squash Pies Include: Shepherd's Pie Beef Pot Pie Dark Chocolate Tart

## Book Information

File Size: 4444 KB

Print Length: 166 pages

Simultaneous Device Usage: Unlimited

Publication Date: September 2, 2016

Sold by: Digital Services LLC

Language: English

ASIN: B01KZS6XGG

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

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## Customer Reviews

I am going to try reviewing this cookbook from different angles, so bear with me as I consider first, the writing; second, the organization and layout; third, the perceived taste quality; fourth, the bonus

features. First, the writing and editing issues: The author writes in a clear, no nonsense style. The reading is easy to read and understand. I also appreciated her comments regarding her reasoning regarding her own health. If the only evaluation were the writing and editing, I would rate this at five stars. Second, the recipe organization and layout of the recipes. In this aspect, the book falls short. The recipe ingredient organization would be enhanced if the item with the greatest quantity were listed at the top, to avoid mistakes by the cook/baker. View the attached photos if you don't understand. Further, the free PDF formats she gives readers for free, clearly list the ingredients, but her Kindle version does not. If this were the only gauge, I would rate this at three stars. Third point: perceived taste quality: Almond flour does not appeal to me, but it may be just the ticket for others. However, it appears this cook has a rather bland desire, because she doesn't seem to understand the value of spices in her meals. As an example, I love using a little white pepper and crushed herbs and spices. The taste quality tells me that these recipes seem good for only those people who have no desire to enjoy the taste of what they eat. Two stars. Lastly, I think the nutrition statements and accompanying photographs are terrific. Five stars out of five. If you enjoy the typical UK- of cooking and baking, you'll love each of these recipes. Otherwise, you're going to want to use lots of herbs, seasonings and some good peppers. Bonus Features The free PDFs she provides are excellent. Five stars out of five. Some of the shortcomings of this Kindle book are absent in the pdfs. Last comment. When making piecrust, I urge people, do it by hand. Otherwise, her method is pretty good. Bottom Line I am rating this as a three star recipe book.

it's ok..I find a lot of these LC books are not so low carb

The recipe for the Lemon Poppy Seed Bread is missing dry ingredients from the ingredient list. Otherwise, the recipes appear well thought out and offers a number of good options for a keto lifestyle. I would really like to see a supplement with the complete recipe for the Lemon Poppy Seed Bread, as it sounds really good.

Using pictures of foods that you can tell aren't the result of the recipe...such as the pumpkin pie that you could clearly tell was a pre made pie crust..... I'd like to see exactly what the product is supposed to look like, not some high carb regular product that looks perfect

So grateful for Elizabeth Jane...her recipes are not only yummy, they bring me such hope. You can see that she truly cares about spreading that hope. xo

I received an advance rough draft copy, and I found the recipe ideas appealing. The pictures are great, and the ingredient lists weren't overly long and didn't contain obscure, hard-to-find items (most larger grocery stores sell almond flour and coconut flour); long ingredient lists and obscure ingredient items are a turn off to me in recipes. The recipes followed the ketogenic formula of being low carb and high fat, and each recipe contained nutritional information. There are some recipes in here that are similar in other paleo/low carb/keto cookbooks, but, there are enough recipes in here that are new and interesting.

I love carbs! While on Keto this book helped so much when I had cravings for bread/pasta/etc. the spinach and mozzarella pizza is delicious! I've told friends about this book because it definitely helped me

I received an advance rough draft copy and thought the content was excellent and delivered on the author's claims. I have now purchased the finished copy and really like the recipes. Well done Ms. Jane!

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