

Eat Smarter! Ice Creams: 30 fat-burning, health-boosting, delicious frozen treats

By Carrie Brown

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For anyone wanting to feel fantastic without giving up taste, improve their health dramatically, and lose body-fat, this cookbook is crammed with scrumptious ice cream recipes for 30 fat-burning, health-boosting, delicious frozen treats that will help in the quest for improved wellness and increased fat-loss goals. Developed for people who are following any of the following lifestyles: SANE, KETO, LCHF, LowCarb, Paleo, Wheat Belly, Vegetarian, Vegan (with slight modification), Primal, Wild Diet, weight-loss, gluten-free, grain-free, sugar-free, diabetic, dairy-free (with slight modification), and many other dietary lifestyles. All recipes are free of sugar, grains, gluten, and soy. Many are free of dairy and / or eggs - or can be easily modified to accommodate. Safe for Diabetics. Includes an additional 8 recipes for mix-ins. Foreword by Jonathan Bailor, Author of The Calorie Myth.

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