



# **CarbSmart Grain-Free, Sugar-Free Living Cookbook: 50 Amazing Low-Carb & Gluten-Free Recipes For Your Healthy Ketogenic Lifestyle**

*Dana Carpender, Caitlin Weeks*

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# CarbSmart Grain-Free, Sugar-Free Living Cookbook: 50 Amazing Low-Carb & Gluten-Free Recipes For Your Healthy Ketogenic Lifestyle

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**Think you can't have pancakes, brownies, pies or chocolate chip cookies on a low-carb, gluten-free diet? Think again!**

Whether you're new to the low-carb, ketogenic lifestyle or you're a long-time veteran; you're going to love the 50+ new mouthwatering recipes in **CarbSmart Grain-Free, Sugar-Free Living Cookbook** from CarbSmart Press.

The **CarbSmart Grain-Free, Sugar-Free Living Cookbook** is chock-full of sweet recipes that please the palate and leave you feeling great—without gluten and sugar! Two people known for and dedicated to the low-carb and Paleo lifestyle—Dana Carpender and Caitlin Weeks—have created these wonderful grain-free, sugar-free recipes. Carpender is the author of 20+ low-carb cookbooks including our own **Fat Fast Cookbook**, while Weeks, known as Grass-Fed Girl, is a holistic nutrition consultant, author, and popular blogger from San Francisco, CA. These CarbSmart.com columnists have collaborated on an amazing collection of recipes that you'll want to make over and over.

## **Low-Carb, Gluten-Free Recipes to Keep You In Ketosis**

Ketosis is the optimal metabolic state of utilizing fat for fuel instead of consuming starchy grains, sugars, and other carbohydrates that have negative side-effects when eaten in large quantities (as the USDA and a majority of nutritionally-misinformed doctors believe).

This cookbook is perfect for anyone who wants to entertain the low-carb way or wants to make healthy low-carb delicacies for their own friends and family. From treats and sweets to condiments and more, **CarbSmart Grain-Free, Sugar-Free Living Cookbook** is going to give you recipes you'll use for years to come!

## **Healthy Low-Carb, Gluten-Free Ingredients**

Not sure how to cook with stevia, xylitol, almond meal, or coconut flour? No problem! **CarbSmart Grain-Free, Sugar-Free Living Cookbook** gives you the information you need to use these great low-carb and gluten-free ingredients and explains why they are better for you. But it doesn't stop there. You will also learn more about using erythritol, beef gelatin, chia seeds, and flaxseed meal—ingredients that have become staples of the low-carb kitchen.

A sampling of some of the amazing recipes included in this low-carb cookbook include:

- Dairy-Free Frozen Mochaccino
- Vanilla Toffee Coffee
- Pecan Sandies
- Coconut and Cinnamon Keto Fat Bombs
- Paleo Chocolate Chip Cookies

- Peanut Butter Cookies
- Macadamia Nut Biscotti
- Crustless Coconut Pie
- Strawberry Cheesecake Bars
- Strawberry Shortcake
- Hibiscus Finger Gelatin
- Easy Vanilla Chia Pudding
- Choco-Peanut Flourless Cake
- Red Velvet Cupcakes
- Key Lime Pie
- Chocolate Mint Popsicles
- Nacho Cheese Crackers
- Pumpkin Pancakes
- Pork Rind Pancakes
- And many, many more!

### **Making Smart Choices For The Low-Carb and Grain-Free Dieter**

Each tasty recipe is labeled by their nutritional category—low-carb, gluten-free, Paleo, vegetarian, vegan, and nut-free, so you can easily identify what fits your dietary needs. They also offer nutritional info, recipe variations, special creator notes, and more. You'll know the exact breakdown of each recipe because the nutritional info includes serving size, calories, fat, protein, carbohydrates, dietary fiber, and usable carbohydrates.

### **From the Minds (and Kitchens) of Two Respected Low-Carb Experts**

This is exactly what you'd expect from Dana Carpender and Caitlin Weeks—delicious, healthy ketogenic recipes with delicious, healthy ketogenic ingredients. Carpender, who is also author of our bestselling **Fat Fast Cookbook** is known for her blog Hold the Toast. Weeks, who has been a holistic nutritionist since 2011, publishes at her popular blog Grass Fed Girl. Together, they have used their expertise, creativity, and grain- and sugar-free knowledge to create an irresistible cookbook!

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