



# **Ketogenic Homemade Ice cream: 20 Low-Carb, High-Fat, Guilt-Free Recipes**

*Elizabeth Jane*

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**Ketogenic Homemade Ice cream: 20 Low-Carb, High-Fat, Guilt-Free Recipes** Elizabeth Jane

It's summer and of course you want ice cream! But you're on a low carb diet so what you really want is **low carb ice-cream**. Also Paleo and Gluten Free! This book includes 20 of my most loved ice-cream recipes that are easy to create (*with or without an ice-cream maker*).

Includes chocolate, refreshing fruits and a great assortment of unique flavors.

## **Chocolate Recipes Include:**

- Double Chocolate Delight Ice Cream
- Choco-Chip Ice Cream with Vanilla Bean
- Chocolate Cinnamon Roll Ice Cream

## **Refreshing Fruits Include:**

- Blueberry Pancake Ice Cream
- Strawberry Swirl Ice Cream
- Peaches & Cream Ice Cream

## **Unique Assortments Include:**

- Pumpkin Spiced Latte Ice Cream
- Salted Cocoa Caramel Ice Cream
- Matcha Ice Cream

**Also learn the easiest way to make ice-cream without an ice-cream maker!**

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#### **Richard Cary:**

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incredible way makes the content inside of easier to understand, entertaining method but still convey the meaning totally. So , it is good for you because of not hesitating having this ever again or you going to regret it. This book will give you a lot of advantages than the other book have such as help improving your proficiency and your critical thinking way. So , still want to hesitate having that book? If I were being you I will go to the e-book store hurriedly.

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