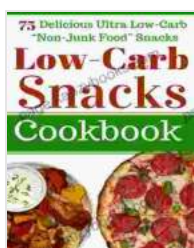


75 Delicious Ultra Low Carb Non Junk Food Snack Recipes Perfect For The Keto Diet

If you're following the keto diet, you know that finding healthy and satisfying snacks can be a challenge. Most snacks are loaded with carbs and sugar, which can quickly derail your progress. But don't worry, I've got you covered!



Low Carb Snacks: 75 Delicious Ultra Low-Carb “Non-Junk Food” Snack Recipes. Perfect for "The Ketogenic Diet", "Atkins Diet", Paleo Diet, and Low Carb Diet! ... Paleo Cookbook, Gluten Free Cookbook)

by Patti Gyapomaa Sloley

★★★★☆ 4 out of 5

Language : English
File size : 1222 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 162 pages
Lending : Enabled



This cookbook is packed with 75 of the best ultra low carb non junk food snack recipes. These recipes are all:

- Low in carbs (less than 5g net carbs per serving)
- High in fat

- Made with whole, unprocessed ingredients
- Easy to make
- Delicious!

Whether you're looking for a quick snack to tide you over until your next meal or a satisfying treat to enjoy after dinner, this cookbook has something for you. So what are you waiting for? Start cooking today!

Recipes

Chapter 1: Savory Snacks

- Bacon Wrapped Jalapeño Poppers
- Keto Cheese Crisps
- Cauliflower Pizza Bites
- Zucchini Fries
- Air Fryer Mozzarella Sticks

Chapter 2: Sweet Snacks

- Keto Fat Bombs
- Chocolate Covered Strawberries
- Peanut Butter Cups
- Keto Cheesecake Bites
- Low Carb Mug Cake

Chapter 3: Dips and Spreads

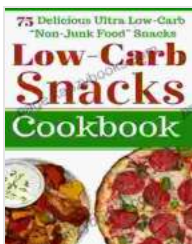
- Guacamole
- Keto Hummus
- Ranch Dressing
- Cream Cheese Dip
- Salsa

Chapter 4: Drinks

- Keto Coffee
- Keto Smoothie
- Keto Lemonade
- Keto Iced Tea
- Water

I hope you enjoy these ultra low carb non junk food snack recipes. With so many delicious options to choose from, you'll never have to worry about finding a healthy and satisfying snack again.

To your health!



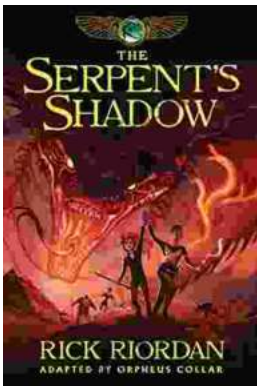
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