

LOW-CARB ICE CREAM AND FROZEN DESSERTS COOKBOOK. 25 Easy & Delicious Low-Carb Hom



BOOK DETAILS

- Author : Rebecca Larsen
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BOOK SYNOPSIS

This cookbook features 25 recipes for frozen low-carb desserts from around the world. If you are cold, you will love these frozen desserts. Cool yourself with these low-carb desserts all summer or serve them as dessert without a ton of calories. Here's how this book comprises on frozen desserts. The book has four chapters. It begins with the brief description of the ice creams, sorbets, granitas and other desserts and essential ingredients to make them. This is followed by three chapters of dessert recipes that are of homemade ice creams, sorbets and other frozen desserts like frozen yogurt, popsicles, granitas, and sherbet. Each recipe chapter provides easy to make desserts with detailed steps. The Ice cream chapter provides low carb ice cream recipes with the option of making them with or without an ice cream maker. The sorbet chapter contains low-fat and sweet sorbets such as lemon sorbet, chocolate sorbet, and Pina colada sorbet. Firstly, let's look at the ingredients. Most of the frozen desserts require the following ingredients: milk, butter, sugar substitutes, half-and-half, flavorings like vanilla and fruits.

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