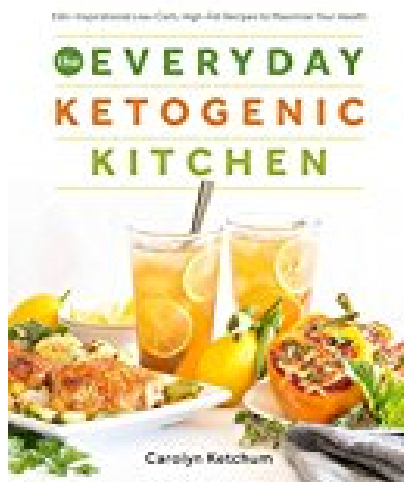


The Everyday Ketogenic Kitchen With More than 150 Inspirational Low-Carb High-Fat Recipes to Maximize Your Health



BOOK DETAILS

- Author : Carolyn Ketchum
- Pages : 304 Pages
- Publisher : Victory Belt Publishing
- Language : English
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BOOK SYNOPSIS

Ketofy Everything! Based on the popular Ketogenic Diet, the two authors take the low-carb, high fat way of eating to a new level to make a sustainable lifestyle. Originally created in the early-20th century as a treatment for seizures in children, Keto has been shown to help treat and retard multiple neurological and physiological issues - from Alzheimers to Attention Deficit to Type 2 Diabetes. The Hobbit and The Keto Iron Chef take two different but complimentary approaches to ketofying foods - one a laid-back, small town diner approach, the other a more exotic and international flair. Both create amazing dishes using ingredients not typically used in traditional recipes, yet easily available. From a modified version of the wildly popular "Fat Head" dough that can be used for pastries, pies, pizza, and stromboli, to exotic yet easy to prepare international dishes like Asian Mochi, Dim Sum, and Crab Rangoons, the two chefs bring main courses, desserts, side dishes, and snacks to the table in a ketofied way. Ketoers joke about living off bacon and butter, but with Ketofy Everything! those are no longer the only choices!

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