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Low Carb Cookies: 23 Best Low Carb Cookie Recipes To Maintain Your Healthy Eating Habits: (low carbohydrate, high protein, low carbohydrate foods, low ... Ketogenic Diet to Overcome Belly Fat)

Nicky Reed

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Low Carb Cookies (FREE Bonus Included)

23 Best Low Carb Cookie Recipes To Maintain Your Healthy Eating Habits

This book is drafted to explain the importance of the low carb lifestyle and easy recipes to make low carb cookies. Low carb diet is famous for many years because of its health benefits. This book is designed to provide you 23 best low carb cookie recipes for your health. These cookies are low in carbohydrates and high in fiber. You can consume them while following a weight loss routine. These are safe to eat with any of your diet plans.

This book is loaded with low carb cookie recipes with their nutritional information. These cookies are safe for all children and adults. You can enjoy them in the evening with tea or in the morning as a breakfast. The ingredients used in these recipes are easily available on a grocery store. You can try them and bring your own variations to bake lots of delicious cookies for lunch, breakfast, and supper. These are equally good to satisfy your midnight hunger.

The followings are some highlights of this book:

- Health benefits of Low Carb Cookies
- Benefits of Low Carb Lifestyle
- Delicious recipes for chocolate chip cookies
- Yummy recipes of oatmeals and peanut butter cookies
- Festive recipes of Cookies for Christmas and Holiday

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Herman Hernandez:

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