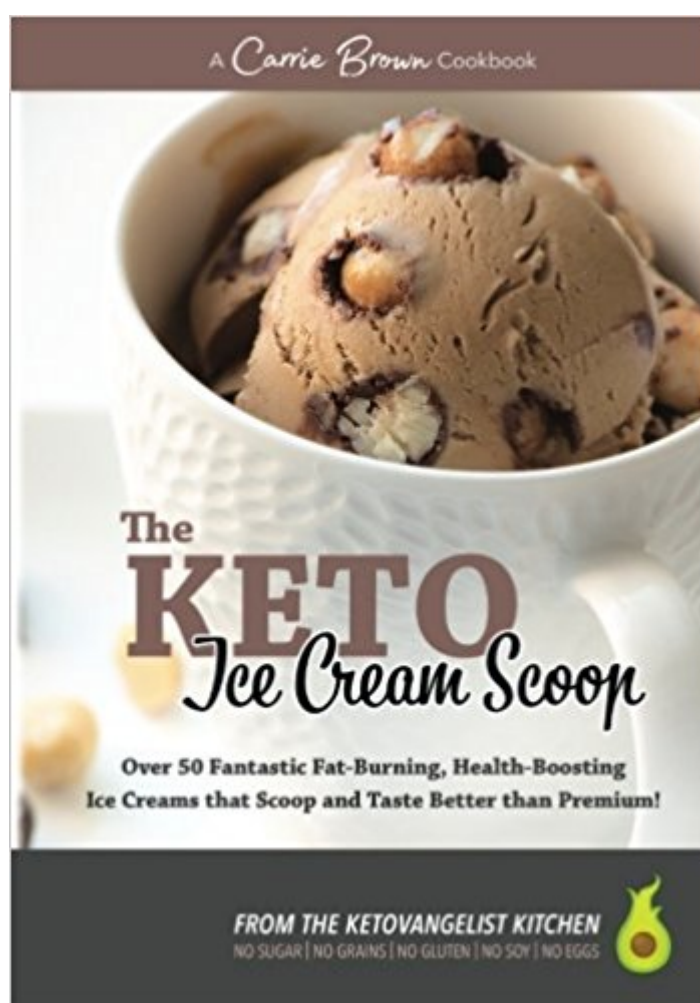


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The KETO Ice Cream Scoop: 52 Amazingly Delicious Ice Creams And Frozen Treats For Your Low-carb High-fat Life



Synopsis

For anyone wanting to feel fantastic without giving up taste, improve their health dramatically, and lose body-fat, this cookbook is crammed with scrumptious ice cream recipes that will help in the quest for improved wellness and increased fat-loss goals. Carrie Brown busted out a legion of ice cream churners to bring you 52 fantastic ice cream recipes + 19 mix-ins to rock your KETO tastebuds and bring total food enlightenment to your low carb lifestyle. You no longer have to go without your favorite premium ice creams in order to be healthy. Recipes that require minimal prep. Ice creams that scoop and taste better than Premium regular brands. Simple recipes that the least experienced cook can follow and get great results. All the basic tenants of KETO: no grains, gluten, sugars, starches, soy, or industrialized processed vegetable and seed oils. Ingredients that are very low- or no-carb, and / or are low on the glycemic index. Delicious recipes that no one will know were created for a "special" diet or lifestyle. 52 different flavors for every palate to save the time and frustration of searching for recipes online that you don't know will work, and don't know will be delicious. Flavors include: Double Cherry Choc Chunk You Had Me At Hazelnut You're Bacon Me Crazy Butterscotch Bling Boy Howdy Blueberry Boom! Boom! Basil Sassy Goat Immortal Avocado Frozen Mocha Cocoa Fudge Cheesecake! Maple Bacon Crack Nutty Mud Puddle Banana Cream Pie Dirty Hippie Cranberry Schmanberry Bubblegum Bliss Ballistic Coffee Lavender Caramel Surprise Triple X Zone Apple Pie a la Mode Kept In The Dark Chocolate All The Beans Butter Me Up Pecan Mind-Blown Blackberry Pistachio Rose. Developed for awesome people following any of the following lifestyles: KETO, LCHF, LowCarb, SANE, Paleo, Wheat Belly, Banting, Primal, Wild Diet, Clean Eating, weight-loss, gluten-free, grain-free, sugar-free, egg-free, diabetic, and other real-food dietary lifestyles! All recipes are free of sugar, grains, gluten, eggs, and soy. Most can be easily modified to accommodate folks who are dairy-free. Safe for Diabetics. For more lip-smacking recipes and all of Carrie's cookbooks, visit www.ketovangelistkitchen.com Foreword by Brian Williamson, Ketovangelist and Author of The KETO Diet - A Beginner's Guide. Because he's AWESOME.

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Customer Reviews

So far, I have made the vanilla ice cream and it is really good. I knocked off one star because none of the recipes have any nutritional info (macros) listed. Why? It's a keto book, we need to know the macros and it would have been so much easier for the author to figure it out. My other issue is that I would've loved to have at least a handful of recipes that have eggs. The author says that custard is hard to make which is why she didn't put it in. Is that supposed to make me want to buy the next book with ice cream made from a custard base? All this said, I am eating the vanilla ice cream right now and it's very satisfying. I will continue to go through the book and make more of these recipes which look wonderful. As she mentions, weighing and measuring the quantities is key. Same as with baking, it is an exact science. Edit: I took one star away because I'm finding some problems with a couple of the recipes e.g., the strawberry ice cream quantities are so small that it wouldn't even churn and yielded about two scoops. Not good. Whatever happened to proofreading and having recipes tested by multiple people? But, I will add that the maple ice cream is sublime. I did not make the bacon "crack" because I didn't have glycerin, but that ice cream stood very well on its own.

All of the recipes seem to contain ingredients that i can't find at my local supermarket (i.e. vegetable glycerin and guar gum). also, there are more steps than i imagined also to make the base. it would be very helpful if it contained calorie and carb nutritional information as well but it doesn't.

Amazing Book...Making homemade Ice Cream that is Keto and sugar free is a whole new science..Carrie Brown has studied it well and offers her knowledge to others who follow this way of eating in a very concise and often humorous way. Have been VERY pleased with all of the recipes we have tried so far.

This book is a god send! If your following Keto or just want a good healthy ice cream that is sugar

free this book has them. They don't taste good.... They taste AMAZING!! I will buy more of her books

So far, each recipe is delicious. And the texture of the ice cream is superb. Thank you, Carrie!!!

Fantastic choice to satisfy all of my grandchildren.

This is not my first cookbook of Carrie Brown's but it might be my favorite! Who doesn't love ice cream? And this is 'guilt free' ice cream. Carrie has a talent inventing flavor combinations that really work. My ALL TIME FAVORITE is the Sassy Goat Cheese. The texture is so smooth and creamy and the tang of the Goat cheese blends with the sweetness to make the perfect dessert, snack, or meal. Yes, I said meal! I suggest adding a bit a granola, if you're having it for breakfast. Also deserving of mention is the Butterscotch Bliss and the Immortal Avocado! Hmmm, thinking that takes care of, breakfast, lunch, and dinner!

We have made one of the recipes, Raspberry (page 69), and it turned out pretty well. One thing about that recipe is that it seems to have skipped a step concerning actually puree'ing the raspberries. The instructions for puree'ing might be in the beginning of the book, I did not see them nor any reference to them in the actual recipe. Consequently, we were not sure what was expected to be added, but the photo did show any solids. Otherwise, there are many recipes and lots of instructions for the various processes involved, albeit verbose, in making any of the recipes.

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