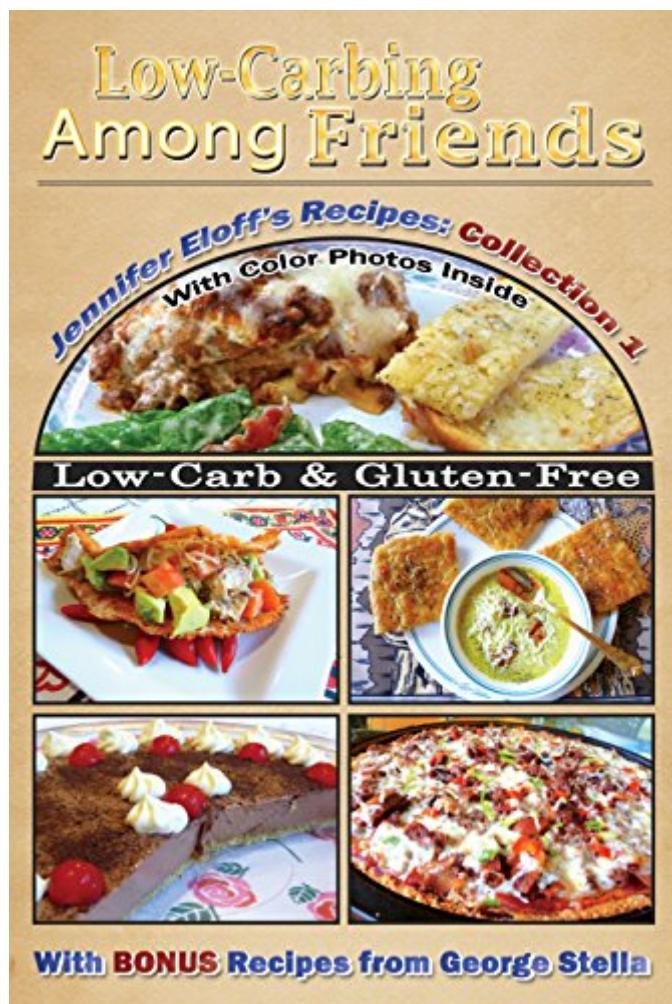


The book was found

Low-Carbining Among Friends, Jennifer's Eloff's Recipe Collection-1: 100% Gluten-free, Low-carb, Atkins-friendly, Wheat-free, Sugar-Free, Recipes, Bestseller Diet Cookbook Series





Synopsis

By the world's leading bestseller Low-Carb Authors, George Stella & Jennifer EloffLow-Carbing Among Friends is a NATIONAL BEST SELLER cookbook by the World's most famous Low-Carb and Gluten-Free recipe creators and #1 Low-Carb team in the world! Team founder, Jennifer (World's most famous lady Low-Carb cookbook author) has produced the 2 NEW cookbooks (with MANY COLOR photos!) of her famous Low-Carb recipes (This is COLLECTION-1) with foreword and a guest appearance (recipes) by George Stella, world-famous Low-Carb Chef and TV personality. Collection-1 is available in Kindle and in hard-copy (Spiral bound!) with MANY lovely COLOR photos + Recipes organized by Category - all stringently Low-Carb! 100% of the recipes are Sugar, Wheat and Gluten Free. Decades of learning, make this book very special for Low-Carbers! All recipes are less than 10g carbs/serving, but MOST are less than 5g -from strict Induction to regular low-carbing! 2/3rds of the recipes are for Meal-times, about 1/3rd are for Breads, Desserts, Baking etc. If you are intolerant to gluten, have Celiac disease or prefer to avoid Wheat/Gluten products, you will be thankful for this enormous resource of awesome recipes ... Low-Carb, 100% wheat and Gluten-free! These recipes are incredibly innovative, simply wonderful breakthroughs! It is easy to create low-carb, sugar-free recipes, most people have a pretty good handle on that, it's much tougher to also make those recipes wheat-free and gluten-free while retaining authentic taste -that's very challenging! We support you with our World's #1 (most popular) Low-Carb FACEBOOK pages "LowCarbingAmongFriends" and [LowCarbHitParade](#), blogs, websites and YouTube. **SPECIAL ORDER Custom-COIL BOUND** versions at [AmongFriends.us](#) or BUY regular version at [with \(PRIME\) FREE SHIPPING!](#) NOTE: Jennifer tested her recipes with a variety of Low-Carb sweeteners, NATURAL / artificial. It's easy to use the provided cross-substitution info to use YOUR OWN FAVORITE Sweetener!

Book Information

File Size: 3292 KB

Print Length: 172 pages

Simultaneous Device Usage: Unlimited

Publisher: Eureka Publishing; 1 edition (November 29, 2016)

Publication Date: November 29, 2016

Sold by: Digital Services LLC

Language: English

ASIN: B01N0L9EEI

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #192,325 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #96

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Customer Reviews

Wanted a cookbook with low carb recipes, but this book was thin and really did not contain much.

Better to spend your money on a different option in my opinion

FINALLY! A low carb cookbook that is easy to understand and clearly explains the differences between sweeteners and their conversions. It's great to see that we can easily make healthy choices to benefit the whole family.

This one is even better than the first. I've never seen a cookbook with so muc helpful info as well as healthy recipes.

I bought this for a friend who was just starting her low carb journey and she loved it.

Great recipes that even my picky eater son enjoys. I think it will be easier to follow these than some others I have tried.

I have been a long-time fan of Jennifer Eloff's and own most of her wonderful cookbooks. This particular book is excerpted from a series called Low Carbing Among Friends - that series being a compilation of many popular low carb cooks from various websites and publications. The difference with this version is that it is compiled mostly of Jennifer's recipes with some by George Stella as well. I find the foreward by George invaluable - in addition to his own story, he also offers "hints and

tips" and a substitution chart for many of the sweeteners currently available to low carbers and those who follow a sugar-free and/or gluten-free lifestyle, brands and places to buy them, etc. REALLY nice to turn to his conversion tables when you're wondering how much of a particular sweetener equals a cup of sugar! And, the recipes for Jen's two bake mixes are worth the price of admission here for her book! The thing I appreciate most about Jen's recipes is that they generally use ingredients which are easy to source locally, and she has tried and tested these recipes on her own friends and family; because I've used her recipes for so long, I can pretty much rest assured that these will suit the tastes of my own family! I love that I can now download these books to my Kindle then take it to the kitchen and use it as a recipe book there. Great job, Jennifer!

I low carb because of diabetes. But for whatever reason you low carb, this series of cookbooks are the best on the market. Oh sure, there are some but Jennifer Eloff knows low carbing. Let me state it more clearly "Jennifer Eloff is an expert at low carbing". Have you been to her blog. Not only does Jennifer give you recipes in this book but she explains different ingredients. So for a newbie low carber this is a great resource. Low carbing can be daunting at first and isn't terribly hard for a meal. But do you want desserts? Do you want low carb breads that won't spike your blood sugar? Do you want a flour mix that you can use for cakes? Well look no further.....a terrific series of books.

Thks Jenn.

I have been low carbing for 3 years. I usually buy George Stella's cookbooks because his receipes you can enjoy and live with. George Stella recommends Jennifer Eloff so I know this has got to be good. Looking forward to trying more receipes from Jennifer and of course George.

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