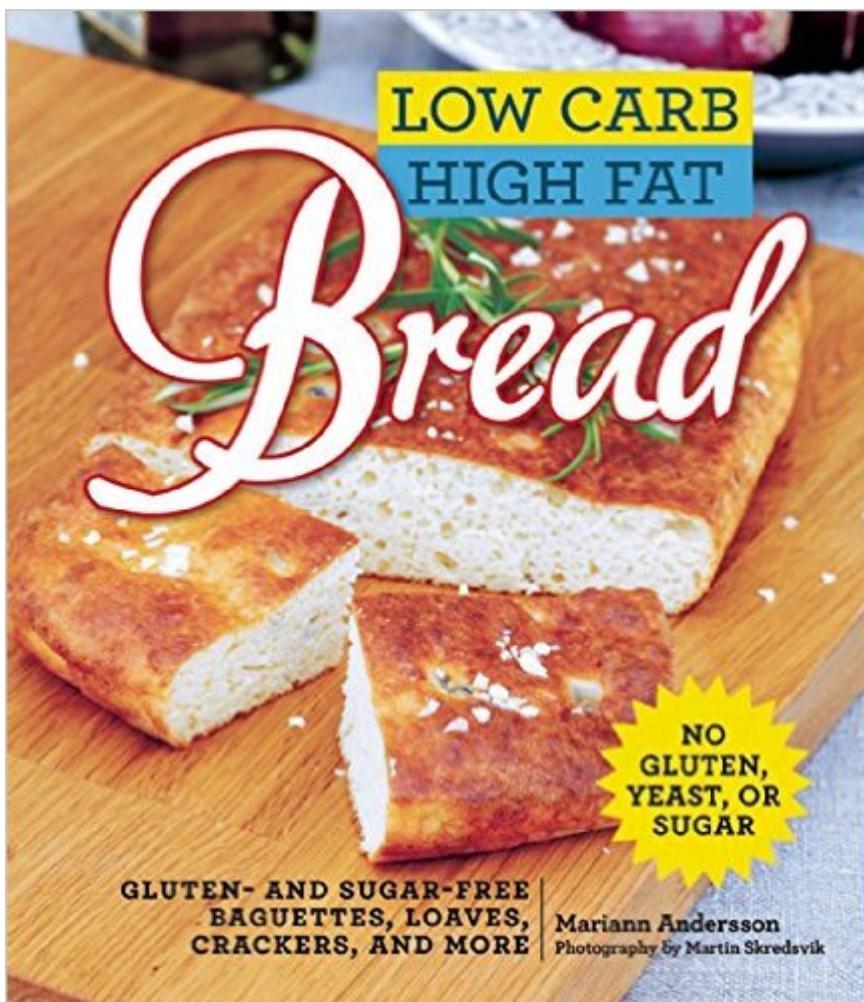


The book was found

Low Carb High Fat Bread: Gluten-And Sugar-Free Baguettes, Loaves, Crackers, And More



Synopsis

Bread is such an integral part of our daily diet that it tends to be what we miss the most when embarking on a low carb high fat or gluten-free diet. After the initial excitement fades, it doesn't take long for the aroma of a freshly baked, warm-from-the-oven loaf to waft into our memory. At last, with Low Carb High Fat Bread, those following low-carb and gluten-free lifestyles can once again bite into delicious, crusty bread. LCHF breads are made with an egg base and contain vitamins, minerals, and protein. This makes LCHF bread highly nutritious, substantial, and satisfying for a hearty snack or even a light lunch. Plus, these recipes are quick and easy to make; simply mix the dough, shape, and bake. Low Carb High Fat Bread includes forty delicious recipes, including: Basil loaf, Monkey bread, Foccacia with red onion and Parmesan, Crispbread, Hotdog and hamburger buns, Tortillas. It's all here! LCHF bread is gluten- and sugar-free and is perfect for weight loss and health. With Low Carb High Fat Bread, everyone can indulge in a slice of warm, aromatic, and delectable bread. Skyhorse Publishing, along with our Good Books and Arcade imprints, is proud to publish a broad range of cookbooks, including books on juicing, grilling, baking, frying, home brewing and winemaking, slow cookers, and cast iron cooking. We've been successful with books on gluten-free cooking, vegetarian and vegan cooking, paleo, raw foods, and more. Our list includes French cooking, Swedish cooking, Austrian and German cooking, Cajun cooking, as well as books on jerky, canning and preserving, peanut butter, meatballs, oil and vinegar, bone broth, and more. While not every title we publish becomes a New York Times bestseller or a national bestseller, we are committed to books on subjects that are sometimes overlooked and to authors whose work might not otherwise find a home.

Book Information

Hardcover: 104 pages

Publisher: Skyhorse Publishing (January 27, 2015)

Language: English

ISBN-10: 162914410X

ISBN-13: 978-1629144108

Product Dimensions: 0.5 x 8 x 9 inches

Shipping Weight: 1.2 pounds (View shipping rates and policies)

Average Customer Review: 4.0 out of 5 stars [See all reviews](#) (9 customer reviews)

Best Sellers Rank: #838,484 in Books (See Top 100 in Books) #88 in Books > Cookbooks, Food & Wine > Kitchen Appliances > Bread Machines #494 in Books > Health, Fitness & Dieting >

Customer Reviews

We are on a ketogenic diet for inflammation and were missing the options we had when we could make sandwiches and such. This little book has filled that niche pretty well. These won't be your usual yeast breads as those aren't part of a ketogenic plan, but what I've made so far has turned out well. The zucchini loaves and the Mediterranean baguettes are particular favorites, and they are close enough in texture to satisfy a sandwich craving. Almond flour is the backbone of many of these recipes, and it works well.

Only 4 stars. I would have liked a nutritional breakd down with carbs listed.

I simply love this book! I keep going back to different recipes. I like how the recipes use psyllium husk, and simple ingredients. It's a great book, and I might order it in hardcover! A keeper ! I just made the nutty buns..... Yum!

I've only made one recipe, but I think Mariann is a miracle worker!

Great book, it would be better if it had the nutritional information for the recipes ..how many carbsOr net carbs per serving .

[Download to continue reading...](#)

Low Carb High Fat Bread: Gluten- and Sugar-Free Baguettes, Loaves, Crackers, and More Low Carb Dump Meals: 25 Easy, Delicious and Healthy Dump Dinner Recipes You Won't Believe Are Actually Low Carb!: (low carbohydrate, high protein, low ... Ketogenic Diet to Overcome Belly Fat) Rice Cooker Recipes - A Low Carb Cookbook - Low Sugar & 100% Refined Sugar Free - Gluten Free & Diabetic Friendly (Rice Rice Baby - Rice Cooker Cookbook) (Volume 2) Low Carb Aroma Rice Cooker: 50 Easy, Low Carb and Paleo Recipes with Your Rice Cooker for Busy People (Low Carb Meals & Rice Cooker) Low Carb: The Low Carb Dessert BIBLEÃ Â© with over 200+ Decadent Recipes (The Ultimate Low Carb Dessert CookBook for Rapid Weight Loss) Secrets of Fat-free Greek Cooking: Over 100 Low-fat and Fat-free Traditional and Contemporary Recipes (Secrets of Fat-free Cooking) Easy Low Carb Slow Cooking: A Prep-and-Go Low Carb Cookbook for Ketogenic, Paleo, & High-Fat Diets Wheat Belly Diet For Beginners: Grain-Free, Wheat-Free, Gluten-Free Cookbooks and Recipes For Weight Loss Plans and Solutions Included! (Wheat Free

Grain Free Gluten Free Weight Loss Diet) (Volume 1) Vegan Thanksgiving Dinner: 25 Full Of Taste Thanksgiving Vegan Recipes.: (Thanksgiving, USA Holidays, Vegan, Vegetarian, Salads, Low-fat Vegan ... low fat high carb recipes) (Volume 2) The Primal Blueprint Cookbook: Primal, Low Carb, Paleo, Grain-Free, Dairy-Free and Gluten-Free (Primal Blueprint Series) Forever Fat Loss: Escape the Low Calorie and Low Carb Diet Traps and Achieve Effortless and Permanent Fat Loss by Working with Your Biology Instead of Against It Vegetarian: High Protein Vegetarian Diet-Low Carb & Low Fat Recipes On A Budget(Crockpot,Slowcooker,Cast Iron) Weight Loss by Quitting Sugar and Carb - Learn How to Overcome Sugar Addiction - A Sugar Buster Super Detox Diet (Weight Loss, Addiction and Detox) Homemade Sweet and Savory Pies: Traditional Recipes Plus Low Carb, Ketogenic, Paleo, Vegetarian Pies and All You Need to Know about Baking (Low Carb Desserts & Homemade Pies) Low Carb Living Cookbook Box Set: Low Carb Recipes for Breakfast, Lunch, Dinner, Snacks, Desserts And Slow Cooker The Everyday Low-Carb Slow Cooker Cookbook: Over 120 Delicious Low-Carb Recipes That Cook Themselves Gluten-Free Artisan Bread in Five Minutes a Day: The Baking Revolution Continues with 90 New, Delicious and Easy Recipes Made with Gluten-Free Flours Gluten-Free Pasta: More than 100 Fast and Flavorful Recipes with Low- and No-Carb Options Low salt. Low salt cooking. Low salt recipes.: Saltless: Fresh, Fast, Easy. (Saltless: NEW fresh, fast, easy low salt, low sodium cookbook) (Volume 2) Weight Loss Stir-Frying: 48 Low Carb, Low Fat Recipes for Quick and Easy Wok and Cast Iron Cooking (Wok & Stir-Frying)

[Dmca](#)