



Low Carb High Fat Cakes and Desserts: Gluten-Free and Sugar-Free Pies, Pastries, and More

Mariann Andersson

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We all need a little sugar every now and then. Sometimes you simply crave a little something sweet, but desserts and treats often have a reputation for ruining your “diet.” Wouldn’t it be great if you could eat all the cakes, cookies, and sweets you wanted without gaining weight? With the tasty treats in this book, you now can!

Learn to substitute coconut flour for wheat and replace sugar with natural sweeteners—you won’t be able to taste the difference. These healthy alternatives are perfect for both satisfying your own sugar craving and serving at parties and get-togethers. Your guests will be impressed with the delectable treats and grateful for their health benefits.

Healthy, yet scrumptious recipes include:

Blueberry Mousse Cake

Mini Strawberry Mousse Pies

Rhubarb Cheesecake

Orange Cookies

Raspberry Panna Cotta Pie

With Cakes and Desserts with Low Carb High Fat, you can satisfy your sweet tooth without ruining your diet. This book is a must-have for the health-conscious baker.

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