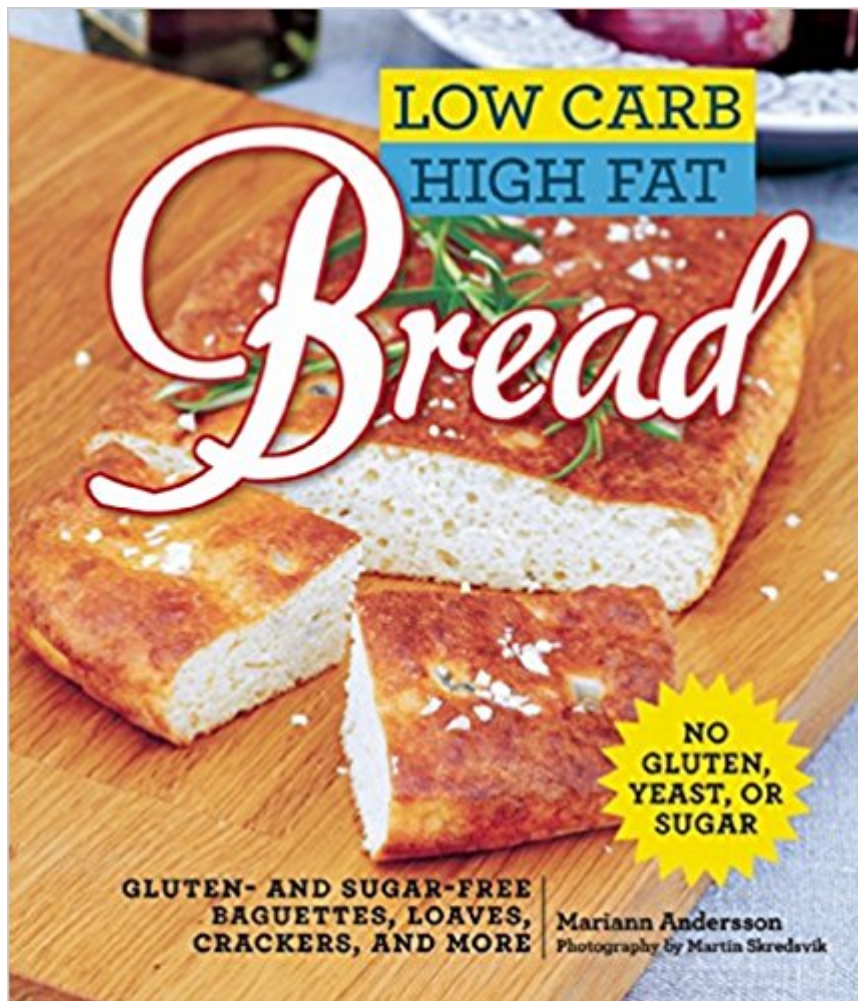


The book was found

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, Focaccia 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 breakdown 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 carbs or net carbs per serving .

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