

Muffins to Slim By Fast Low-Carb Gluten-Free Bread & Muffin Recipes to Mix and Microwave in a Mug Volume 1



BOOK DETAILS

- Author : Em Elless
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BOOK SYNOPSIS

Back cover: "Nutrition-rich breads & muffins ready in minutes--as low as 1/2 net carbs! Dozens and dozens of low-carb, gluten-free recipes bundled into a banquet of scrumptious breads and muffins! From Sweet (introducing luscious fruit substitutes!) to Savory to Muffin Meals, these innovative mix-in-a-mug recipes are quick to prepare, packed with helpful ingredients and only moments away from fresh-baked and ready to enjoy. There is no feeling of diet or restriction here--just deeply satisfying, easy-to-prepare Muffins to Slim By--ready to eat in 1-2-3 minutes!"

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