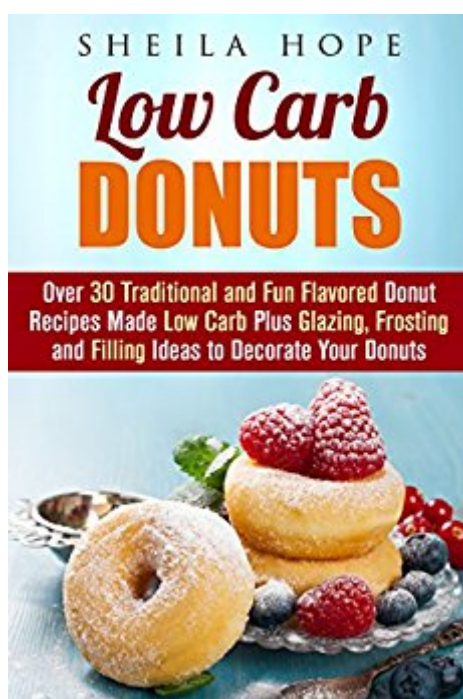


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# Low Carb Donuts: 30 Traditional And Fun Flavored Donut Recipes Made Low Carb Plus Glazing, Frosting And Filling Ideas To Decorate Your Donuts (Low Carb Desserts)



## Synopsis

Are you thinking of adopting a low carb diet to help lose weight? Are you worried about having to give up your favorite pastries? If you answered yes to either of those questions or are simply looking for a healthier donut this book is the perfect choice for you. Making the change to a low carb diet may sound a bit terrifying, as you are going to have to give up a lot of your favorite foods. However, there are several benefits that you can benefit from by making the change. Going low carb allows you to still eat donuts, while losing weight, improving blood sugar, lowering cholesterol, and much more. With this amazing book you will learn everything that you need to know about making your own low carb donuts. No more eating hard, day old low carb donuts that you bought at the store. When you make your favorite donuts at home you get the pleasure of eating them when they are best; directly out of the oven while they are nice and warm. Inside You Will Learn:

- Benefits of eating low carb
- Changes you will make when going low carb
- Everything you need to start making low carb donuts
- Traditional donut recipes turned low carb
- Fun donut flavors turned low carb
- How to decorate your donuts while staying low carb
- And Much More

Once you learn how easy it is to make your favorite donuts in their low carb form all that is left is decorating them. The last chapter of this book goes over the different techniques you can use, including glazing and icing. Don't wait another minute. Learn how easy it is to make low carb donuts from home. Don't Delay. Download This Book Now.

## Book Information

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## Customer Reviews

I was a bit shocked to see honey and bananas in a low carb book. Also there are no carb counts only calories listed. Most low carb folks are interested in carb count instead of calories. Also there were numerous spelling mistakes. I was so hoping this would be a great book. Very disappointed

I love to cook and my family loves to eat! All the recipes sound delicious plus they are all low in carbs. I tried cinnamon donuts, it was easy to make, soft and ready to eat in 20 minutes. Hoping to try some more recipes for the holidays.

not a bad book at all, not really my favorite, but it gives me some ideas for making some low carb donuts. There are not a ton of recipes, but it can be helpful for those of us looking for something a little sweet to eat.

Wonderful concept. Eating low carb doesn't mean you shouldn't be able to enjoy a donut or other sweet every now and then. There was a wide variety of donut recipes, and I would have given it five stars, but the author seems to have written this book, assuming all of the readers are experts already on low carb cooking. There were ingredients mentioned in many recipes that I, and many readers I'm sure, have never heard of. What is erythritol, xanthum gum, and apple teat, and where on earth do you buy them, or if available in most supermarkets, where would they be found? Why didn't the author take a half a page to address these ingredients, and explain what they do in a recipe and where they can be bought? An author of a cookbook always has to assume a novice is buying their book, and at the beginning explain techniques, ingredients, and measurements used in the book. There was nothing indicating what size eggs were used when testing these recipes. Most recipe books use large eggs, but many well known cookbooks use medium eggs in their recipes. This matters, because too much or not enough liquid, and fat, will alter the results. Also several recipes call for applesauce to replace the fat and sugar. When you use applesauce in recipes for these reasons, you are supposed to use natural applesauce(the ingredient label will give only one, apples). Most applesauces have added sugar, so if you use them, you have now defeated the purpose of baking a low carb donut. This book doesn't say natural applesauce in the ingredient list,

so someone not in the know will buy regular applesauce with sugar added. Baking requires precise measurements, and a recipe book about baked goods has to have more detailed information than a general cookbook. If you are able to find the unusual ingredients mentioned in the recipes, I believe the finished products will be delicious. Disclosure: I received this product for free in exchange for my honest and unbiased review"

Who doesn't love doughnuts? This little book is filled with recipes, and tips & tricks, for making doughnuts that will please even the most discerning of doughnut connoisseurs. From traditional 'cake' doughnuts to Salted Caramel Chocolate or how about Maple Bacon doughnuts, there is something yummy and delicious on every page. Want to try something 'different'? Why not go for a Chocolate Zucchini doughnut, or maybe you'd prefer a chocolate ganache filled doughnut or something topped with a delicious glaze. I know I'm going to be in search of a really good doughnut pan in the very near future!"Disclosure: I received this product for free in exchange for my honest and unbiased review"

I would have gave five stars but there were no pictures of the recipes. Pictures are important when doing a cookbook. Also if it's a low carb book tell us how many carbs are in the recipes because that would probably be the reason for buying the book. The recipes called for almond, coconut and peanut flour to name a few. There is no narrative that before each recipe like some books and that's a plus for me because I don't care. I received this book for free in exchange for an honest and unbiased review.

Disclosure: I received this book for free in exchange for my honest unbiased review. Now that the business part is said now to the fun part. Low carb donuts...who is not up for that?!?!?! Now of course after looking through the book I know I will need to do some shopping but I love new toys for my kitchen. Especially if I get to make something that is practically guilt free. I mean really who does not like donuts??? So off to the store for me and I am sure you will be to

I read some of these recipes and they sound good, but the author uses of local/regional descriptions of a couple of ingredients has left me scratching my head. What is Swerve and erythritol? If artificial sweeteners cause me problems, what is an equivalent for me to use?The author also forgot to tell us how many each recipe makes. I wish authors were more careful with recipes!Disclaimer: I received this book for free for my unbiased and honest opinion.

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