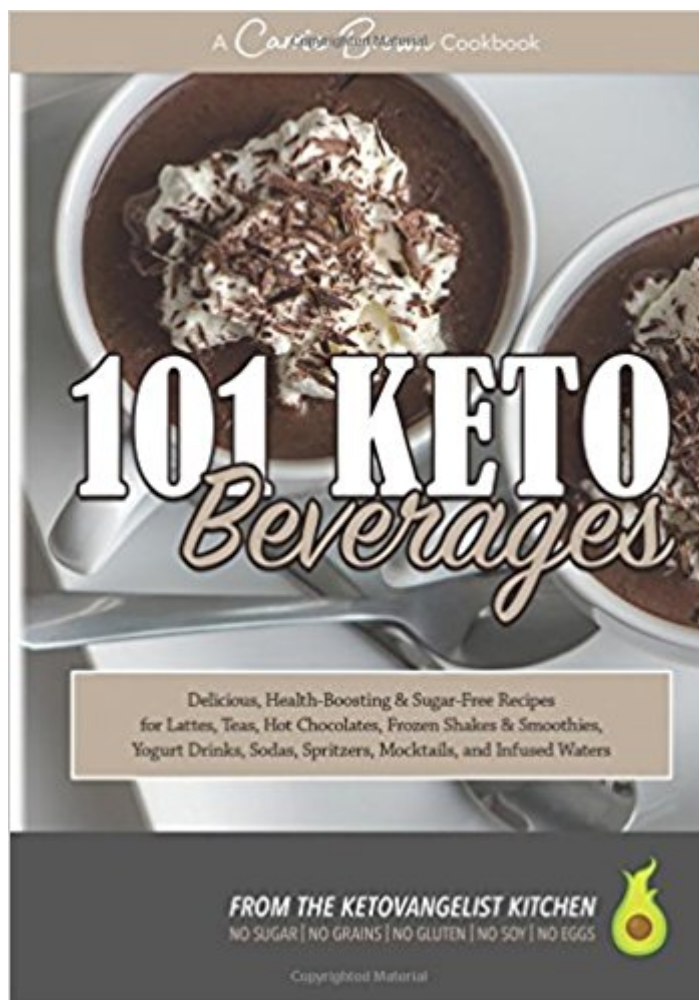


The book was found

# 101 KETO Beverages: Amazingly Delicious, Health-boosting, Sugar-free Lattes, Teas, Hot Chocolates, Frozen Drinks, Yogurt Drinks, Sodas, Mocktails, And Infused Waters





## Synopsis

For anyone wanting to feel fantastic without giving up taste, improve their health dramatically, and lose body-fat, this beverage cookbook is crammed with fabulous recipes for 101 delicious, health-boosting, sugar-free lattes, teas, hot chocolates, frozen drinks, yogurt drinks, sodas, mocktails, and infused waters that will help in the quest for improved health and increased fat-loss goals. Carrie Brown drank her way through enough water, nut milks, and heavy cream to fill a swimming pool so she could bring you 101 amazing beverage recipes to rock your KETO taste buds and bring total beverage enlightenment to your low carb lifestyle. You no longer have to go without your favorite drinks in order to be healthy. Recipes that require minimal work. Simple recipes that the least experienced cook can follow and get great results. All the basic tenants of KETO: no grains, gluten, sugars, starches, soy, or industrialized processed vegetable and seed oils. Ingredients that are very low- or no-carb, and / or are low on the glycemic index. Delicious recipes that no one will know were created for a "special"™ diet or lifestyle. 101 different flavors for every palate to save the time and frustration of searching for recipes online that you don't know will work, and don't know will be delicious. Beverages include: Black Cherry Amaretto Latte Maple Coconut Green Tea Frappé© Hot Chocolate like You've Never had Before Caramel Hazelnut Lassi Grasshopper Fudge Frappé© Pumpkin Spice Latte Black Cherry Soda Coconut Lime Lassi Gingerbread Latte Strawberry Lemon Basil Water Moscow Mule Roasted Cocoa Bean Latte Raspberry Mint Iced Tea Apple Pie Lassi No More Death by Chocolate Frappé© Root Beer Cherry Limeade Spritzer with Basil and Mint Pyromania Hot Chocolate Raspberry Truffle Latte Developed for awesome people following any of the following lifestyles: KETO, LCHF, LowCarb, SANE, Paleo, Wheat Belly, Banting, Primal, Wild Diet, Clean Eating, weight-loss, gluten-free, grain-free, sugar-free, egg-free, diabetic, and other real-food dietary lifestyles! All recipes are free of sugar, grains, gluten, eggs, and soy. Most can be easily modified to accommodate folks who are dairy-free. Safe for Diabetics. For more lip-smacking recipes and all of Carrie's cookbooks, visit [www.ketovangelistkitchen.com](http://www.ketovangelistkitchen.com) Foreword by the fabulous Dr. Ted Naiman, Physician and owner of [www.burnfatnotsugar.com](http://www.burnfatnotsugar.com)

## Book Information

Paperback: 88 pages

Publisher: CreateSpace Independent Publishing Platform (August 8, 2017)

Language: English

ISBN-10: 1974271455

ISBN-13: 978-1974271450

Product Dimensions: 7 x 0.2 x 10 inches

Shipping Weight: 8 ounces (View shipping rates and policies)

Average Customer Review: Be the first to review this item

Best Sellers Rank: #253,577 in Books (See Top 100 in Books) #71 in Books > Cookbooks, Food & Wine > Desserts > Frozen Desserts #1057 in Books > Cookbooks, Food & Wine > Beverages & Wine #1138 in Books > Cookbooks, Food & Wine > Kitchen Appliances

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

101 KETO Beverages: Amazingly delicious, health-boosting, sugar-free lattes, teas, hot chocolates, frozen drinks, yogurt drinks, sodas, mocktails, and infused waters  
ATI TEAS Test Study Guide 2017: ATI TEAS Study Manual with ATI TEAS Practice Tests for the ATI TEAS 6  
Sugar Detox: How to Cure Sugar Addictions, Stop Sugar Cravings and Lose Weight with Sugar Detox Easy Guide (Include Sugar-free Recipes to Help You Get ... free Recipes, Detox Diet, Detox Cleanse)  
Sugar Detox: Beat Sugar Cravings Naturally in 14 Days! Lose Up to 15 Pounds in 14 Days! Step-By-Step Meal Plan And Recipes To Kick Sugar Cravings And ... diet, sugar free diet, low sugar diet,) VEGAN KETO: The 120 most delicious vegan ketogenic recipes for weight loss and healthy living (ketogenic diet, vegan, keto, keto diet, ketogenic, ketosis, keto cookbook, ketogenic cooking)  
ATI TEAS 6 Study Guide: TEAS Review Manual and Practice Test Prep Questions for the ATI TEAS Version 6 (Sixth Edition)  
Homemade Soda: 200 Recipes for Making & Using Fruit Sodas & Fizzy Juices, Sparkling Waters, Root Beers & Cola Brews, Herbal & Healing Waters, ... & Floats, & Other Carbonated Concoctions  
Homemade Soda: 200 Recipes for Making & Using Fruit Sodas & Fizzy Juices, Sparkling Waters, Root Beers & Cola Brews, Herbal & Healing Waters, Sparkling ... & Floats, & Other Carbonated Concoctions  
The KETO Ice Cream Scoop: 52 amazingly delicious ice creams and frozen treats for your low-carb high-fat life  
Fruit Infused Water: Top Quick, Easy, Refreshing and Tasty  
Fruit Infused Water Recipes To Aid Weight loss and Maximum Health (weight loss, living ice, detox, beginners, vitamin cleanse, juicing)  
Fruit Infused Water - 80 Vitamin Water Recipes for Weight Loss, Health and Detox Cleanse (Vitamin Water, Fruit Infused Water, Natural Herbal Remedies, Detox Diet, Liver Cleanse)  
Keto Diet Guide: The Clear Guide to your Keto Path (Keto, Keto diet, Lose Weight, Recipes on Ketogenic and Paleo Diet Book 1)  
Sugar Detox: Beat Sugar Cravings Naturally in 30 Days! Lose Up to 15 Pounds in 14 Days, Increase Energy, Boost Metabolism! (Sugar Free Diet, Sugar Detox ... 30 Day Detox, Weight Loss and More Energy)  
My Yonanas Frozen Treat Maker Recipe Book: 101 Delicious Healthy, Vegetarian, Dairy & Gluten-Free, Soft Serve Fruit Desserts For Your Elite or Deluxe ... and Frozen Dessert Cookbooks) (Volume 1)

CANNABIS: Infused Products and Extracts (Includes Cannabis-Infused Edible Recipes!)  
(CANNABIS SCIENCE, Cannabis Cultivation, Grow Ops, Marijuana Business Book 3) My Yonanas  
Frozen Treat Maker Recipe Book: 101 Delicious Healthy, Vegetarian, Dairy & Gluten-Free, Soft  
Serve Fruit Desserts For Your Elite or Deluxe Machine (Frozen Desserts & Soft Serve Makers)  
Healing Herbal Teas: Learn to Blend 101 Specially Formulated Teas for Stress Management,  
Common Ailments, Seasonal Health, and Immune Support Apple Cider Vinegar Drinks for Health  
and Energy: Enjoy the Benefits of ACV with Tonics, Mocktails, and Smoothies with 25 Easy Recipes  
(The Best of VegKitchen.com Book 4) The KETO Soup Bowl: 50 delicious fat-burning,  
health-boosting bowls of soup, chowder, hodgepodge, gumbo, stew, and gazpacho FAT BOMBS:  
120 SWEET AND SAVORY KETO TREATS FOR KETOGENIC, LOW CARB, GLUTEN-FREE AND  
PALEO DIETS (keto, ketogenic diet, keto fat bombs, desserts, healthy recipes, fat bombs  
cookbook, paleo, low carb)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)