



Eat Smarter! Ice Creams: 30 fat-burning, health-boosting, delicious frozen treats

Carrie Brown

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Developed around the research by Jonathan Bailor for those living a SANE lifestyle, this cookbook is crammed with scrumptious ice cream recipes for 30 fat-burning, health-boosting, delicious frozen treats that will help in the quest for improved health and increased fat-loss goals. All recipes are free of sugar, grains, gluten, and soy. Safe for Diabetics. Includes an additional 8 recipes for mix-ins. Developed for people who are living a SANE lifestyle but also highly valuable for Paleo, Wheat Belly, Vegetarian, Vegan (with slight modification), Primal, weight-loss, gluten-free, grain-free, sugar-free, diabetic, dairy-free (with slight modification), and many other dietary lifestyles. All recipes are SANE. Foreword by Jonathan Bailor, Author of The Calorie Myth

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Brenda Anderson:

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boosting, delicious frozen treats, you can enjoy both. It is very good combination right, you still wish to miss it? What kind of hang-out type is it? Oh come on its mind hangout guys. What? Still don't obtain it, oh come on its called reading friends.

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