



# Low Carb Holiday: The Healthy & Delicious Low Carb Holiday Cookbook

*John Owen*

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Are you one of the millions who are following a low carb eating strategy? Are you dreading carb-laden holiday meals and bothered by low carb desserts overloaded with NutraSweet and Splenda?

Fear no more, carboLOWdrate, Inc. brings you a first-ever holiday cookbook, Low Carb Holiday, dedicated to your low carb way of life. These simple-to-follow and mouth-watering recipes contain natural and healthy low carb ingredients that everyone will love. New traditional favorites like: Rosemary Garlic Mashed Caulitatoes, Sugarless Cranberry Sauce and Pumpkin Cheesecake in a Reduced Carb Graham Cracker Crust.

From amazing appetizers to delicious desserts, including sample menus and planning timetables, Low Carb Holiday makes your holiday food preparation quick and easy.

Also included in the cookbook is a Comparable Carbohydrate Counts chart, so at a glance you can see how many carbs you saved by making our Pumpkin Cheesecake vs. a traditional one. Each easy-to-make dish comes with its net effective carb count.

Chef and author John Owen has been seen on TV in major markets like San Francisco and Los Angeles as well heard on, What's Cookin' with Chef Piero.

Good Eating! Good Health! And Happy Holidays!

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