

Splendid Low-Carbing



6.7 g / slice



3.2 g / slice



6.3 g / slice



7.5 g / bun



6.9 g each



9.5 g each

Jennifer Eloff, author of two National best-sellers **Splendid Desserts** and **More Splendid** desserts, is happily married to Ian, her childhood sweetheart of 30 years. They home school their sons, Daniel 17 and Jonathan 14, and from their "Chalet Rose" in the Canadian Rockies, they reach out to people around the world, with their Internet ministry:

www.TheChapel.CC



"Born Again" - J. Bowser

Sweety.com/Jennifer.htm

You can read her story at:

Sweety.com/romance.htm

A common problem for anyone on restrictive diets is "Boredom". Now, finally, most of our favorite recipes are "legal" again. Jennifer's recipes are a huge breakthrough! All 353 tasty recipes are under 10 g of Carbs/serving, 75% are under 5 g & 40% are under 3 g. Finally, the increasingly popular Low-Carb diets can also be tasty, sustainable diets. These recipes, suitable for most Low-Carb diets, offer a variety of options for those opposed to wheat, soy & other flours, while at the same time fat is kept moderate. Jennifer has 10 yrs of experience creating recipes for people, such as those with diabetes, working with the Diabetes Assoc. and others, to make their diets more livable. Surveying the wide variety of old favorites in this book, many of which were assumed to be off limits forever, one is tempted to ask, "Where is the diet?" We no longer need to feel so deprived, when others eat burgers, bread, pizza, éclairs, muffins, pies, chocolates, cheesecakes, brownies and ice creams. We can "have our cake and eat it too!" ♥

Order from: www.Sweety.com



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