

Splendid Low-Carb Desserts

By Jennifer Eloff



Desserts are by far the highest carb foods we encounter. They are cheap and freely available as high-carb fare, but for us low-carbers, they pose the greatest temptations and challenges! Converting savory recipes to low-carb has never been much of a problem, but adapting desserts to a low-carb diet is extremely challenging! Now Jennifer has risen to that challenge and this book is full of delicious, affordable, and easy to make dessert recipes. Jennifer realized that for her family to adopt and stick with the low-carb lifestyle, it was very important that they not feel deprived. All the recipes in this book are < 10g of Carbs/serving, while 60% are < 6g and 34% are < 3g. All Jennifer's *Splendid low-carb books* adhere to similar stringent guidelines, and they prove that low-carb diets can be tasty, sustainable & affordable! At 47, Jennifer is a compelling, real-life example of the effectiveness of the low-carb lifestyle! So, enjoy your food, stay trim, healthy, happy and, of course ... in love! Sweety.com/Jen.htm



Jennifer Eloff, author of National best-sellers, *Splendid Low-Carbing*, *More Splendid Low-Carbing*, and *Splendid Low-Carbing for life vol-1*, *Splendid Desserts* and *More Splendid Desserts*, is an avid low-carber and was the 1st author (worldwide) to develop highly specialized cookbooks for people on restrictive diets (having authored 6 such books now in a decade) that use Splenda® as their primary sweetener. Jennifer and her family live in the awesome beauty of the Canadian Rockies, where she continues to develop the "Splendid cookbook" series, home-schools their two teenage sons and runs a worldwide internet outreach mission designed to help people, whose lives may not have turned out to be so wonderfully blessed, to try and find happiness too. *God, love and good food; it's "back to the basics"*. Visit her at Web Sites: www.TheChapel.cc www.Sweety.com www.Low-Carb.us www.Jenny.ws



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