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Healthy Drink Recipes: All Natural Sugar-Free, Gluten-Free, Low-Carb, Paleo And Vegan Drink Recipes With Max. 5 Ingredients



Synopsis

An essential book for all those following sugar-free, gluten-free, low-carb, paleo, vegan or clean food diet. The recipes are also perfect for weight loss. Also diabetics will find them helpful. Everyone needs to drink a lot during the day, but drinking pure water might become boring really fast. With these recipes you can get lots of variation to your everyday drinks as well as parties and special occasions. The recipes are divided into four sections:- Infused Water Variations- Iced Tea Creations- Guilt-Free Lemonade & Co.- Alcoholic Drinks All the recipes in this book are:- sugar-free- gluten-free- vegan- paleo- all natural- with less than 1 grams net carbs per serving- with maximum 5 ingredients Each recipe is accompanied with a stunning photo taken by the author. About the author: Elviira Krebber is a former music scientist and computational linguist who is nowadays a guru in developing simple and healthy recipes with organic and natural ingredients. Interested in nutrition, diets and healthy recipes for all her life, in 2012 she finally began to share simple and healthy recipes with mouthwatering photos on her blog, www.lowcarbsosimple.com, hoping to help people find easy alternatives for the food and drinks they consume. Several thousands of people visit Elviira's blog daily to find simple and healthy gluten-free, sugar-free, low-carb recipes. The blog has currently over 50,000 Facebook followers, making Elviira one of the most FB-followed individual low-carb recipe developers in the world. She also blogs in Finnish for www.alakarpisti.com. Key phrases: Healthy drink recipes Sugar-free drink recipes Low-carb drink recipes Gluten-free drink recipes Paleo drink recipes Vegan drink recipes Diabetic-friendly drink recipes Drink recipes under 1 gram carbs Drink recipes with maximum 5 ingredients Drink recipes for weight loss Drink recipes for diabetics Infused Water Recipes Sugar-Free Iced Tea Recipes Healthy Lemonade Recipes Sugar-Free Lemonade Recipes Low-Carb Cocktail Recipes Ketogenic Drink Recipes

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Customer Reviews

This is essential reading for anybody who is trying to lose weight but doesn't want to give up all those yummy drinks. All of the recipes are simple, easy to follow, health, and - most important of all - delicious! It has excellent ingredient recommendations, nutritional information, and tons of delicious recipes. I haven't tried them all, but I can personally vouch for a few. My favourite is the limeade - absolutely delicious!

The book is good for those who REALLY want to make their own sugar-free, gluten-free, etc drinks. However, a lot of the products used are not locally available and are somewhat expensive. Some of the recipes do use fresh products - fruit, herbs - so healthy and refreshing. I got this ebook free and glad I didn't have to pay for it. This book will only appeal to a certain segment of people - those that are truly into the low carb or Paleo lifestyle - since you have to go out of your way to get ingredients for many of the recipes.

This is a fantastic and informative book. I have been struggling to lose a few kilos for a few years now, even since I turned vegan. I have tried and failed with various fad diets and fasting. I love tasty fruit drinks and this book is full of recipes for my favourites and for ones I had not discovered yet. For health and weight loss it was for me the missing ingredient. I'm not really a whizz in the kitchen so I was pleased that the recipes were not complicated at all. The nutritional information is complete and very useful. A great book, definitely recommended. If you like healthy living it is a must.

Some great drink ideas!

Nice recipes.

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