

The book was found

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

Book Information

File Size: 9493 KB

Print Length: 134 pages

Simultaneous Device Usage: Unlimited

Publisher: Elviira Krebber (March 24, 2014)

Publication Date: March 24, 2014

Sold by: Â Digital Services LLC

Language: English

ASIN: B00J8W6DUM

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Not Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #642,373 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #45

in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diets & Weight Loss > Diets >

Vegan #141 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diets & Weight Loss >

Diets > Low Carb #141 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Vegan

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, healthy, 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.

[Download to continue reading...](#)

Healthy Drink Recipes: All Natural Sugar-Free, Gluten-Free, Low-Carb, Paleo and Vegan Drink Recipes with Max. 5 Ingredients Low Carb Cookbook: Delicious Snack Recipes for Weight Loss. (low carbohydrate foods, low carb cooking, low carb diet, low carb recipes, low carb, low carb ... dinner recipes, low carb diets Book 1) Low carb cookbook: 35 delicious snack recipes for weight loss. Low carb cooking, low carb diet, low carbohydrate, low carb recipes, low carb, low carb ... low carb cooking, weight loss Book 1) Low Carb Diet - Top 200 Low Carb Recipes Cookbook: (Low Carb, Budget Cookbook, Low Carb Diet, Low Carb Recipes, Atkins Diet, Low Carb Slow Cooker Recipes, Low Carb Living) Paleo Diet: 365 Days of Paleo Diet Recipes (Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, Paleo, Paleo Cookbook, Paleo Slow Cooker, Paleo For Beginner, Paleo Recipes) Low Carb BOX SET 4 IN 1: 100 Best Low Carb Recipes You Will Love!: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, ... low carb lunches, low carb dinners,) Vegan: High Protein Vegan Cookbook-Vegan Diet-Gluten Free & Dairy Free Recipes (Slow cooker,crockpot,Cast Iron) (vegan,vegan diet,vegan slowcooker,high ... free,dairy free,low carb) Low Carb BOX SET 7 IN 1: 165 Amazing Low Carb Recipes You Will Love!: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) Raw Vegan: How To Be A Raw Vegan Smart Ass (raw vegan, raw vegan cookbook, raw vegan food, raw vegan diet, vegan cookbook, vegan recipes, vegan diet, natural hygiene) Low Carb Ice Cream: 21 Great Low Carb Sugar Free Ice Cream Recipes: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, ... Ketogenic Diet to Overcome Belly Fat) Low Carb: Low Carb Diet For Beginners. How To Lose 10 Pounds in 10 Days: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, ... diet for dummies, low carb high fat diet,) Paleo: Paleo Diet for beginners: TOP 100 Paleo Recipes for Weight Loss & Healthy Recipes for Paleo Snacks, Paleo Lunches, Paleo Desserts, Paleo Breakfast, ... Healthy Books, Paleo Slow Cooker Book 9) Low Carb Diet Book Collection: 90 Amazing Recipes - Low Carb Casseroles, Low Carb Soups, Low Carb Fat Bombs and Low Carb Ice Cream: (Fat Bomb Recipes, ... healthy eating recipes, ketogenic desserts) Vegan: Vegan Diet Recipes That You Cant Live Without (Vegan Slow Cooker, Vegan Weight Loss, Low Carb Cookbook, Slow Cooker Recipes, Vegan Cookbook, Paleo Diet, Vegan Recipes) Low Carb: Low Carb, High Fat Diet. The Winning Formula To Lose Weight (Healthy Cooking, Low Carb Diet, Low Carb Recipes, Low Carb Cookbook, Eat Fat, Ketogenic Diet) Vegan: Vegan Budget Cookbook: 33 Delicious Low-Cost Vegan Recipes, Quick and Easy to Make (Vegan Diet, Dairy Free, Gluten Free, Slow Cooker, Vegan

bodybuilding, Vegan weight loss, Cast Iron) Low Carb Freezer Meals: 26 Make-Ahead Low Carb Freezer Meals: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low ... Ketogenic Diet to Overcome Belly Fat) Low Carb Casseroles: 21 Super Satisfying Low Carb Casseroles: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low ... Ketogenic Diet to Overcome Belly Fat) Low Carb Diet: 15 Healthy And Delicious Low Carb Salads To Lose Weight Fast: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb ... Ketogenic Diet to Overcome Belly Fat) Low Carb Living Box Set: Low Carb Snacks, Low Carb Desserts, Low Carb Smoothies and Low Carb Italian Recipes

[Dmca](#)