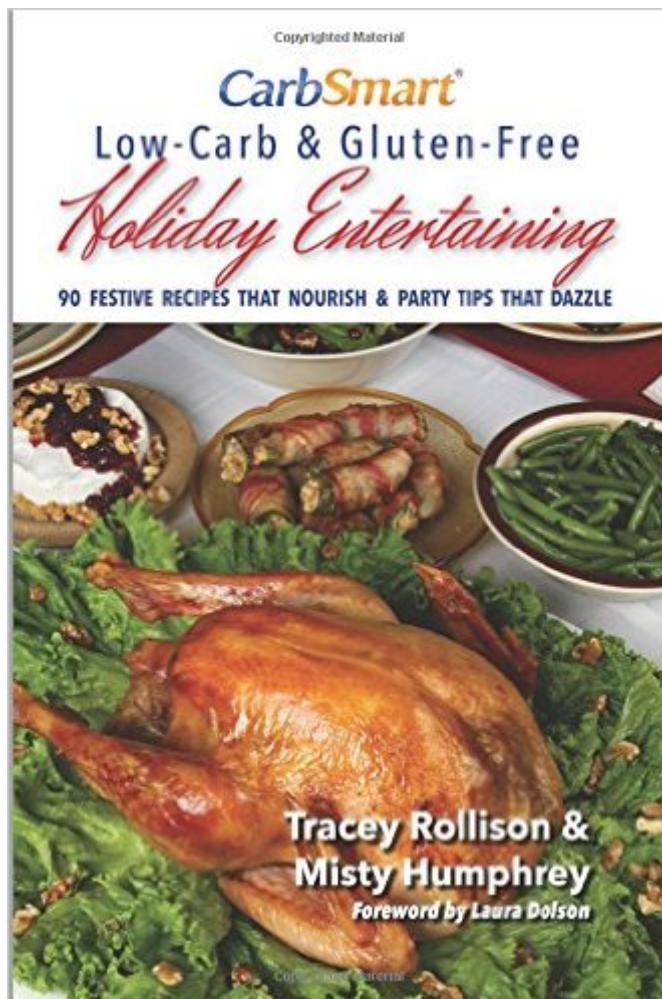


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# CarbSmart Low-Carb & Gluten-Free Holiday Entertaining: 90 Festive Recipes That Nourish & Party Tips That Dazzle



## Synopsis

Impress guests and still be able to indulge yourself with the CarbSmart® Low-Carb & Gluten-Free Holiday Entertaining cookbook! If you've spent too many holidays slaving over sugar-laden desserts that you couldn't even eat just to impress your guests, listen up: there's no need to make food you can't consume any longer when you've got CarbSmart® Low-Carb & Gluten-Free Holiday Entertaining on your side. Learn how to create gorgeous dishes that will wow even the pickiest crowd that you can eat as well! After all, there's nothing worse than being forced to nibble on a boring celery stick from the vegetable tray because there's nothing else you can eat. Now you too can indulge in delicious appetizers, cocktails and dessertsâ "that just happen to be low-carb and gluten-free. Now you can have your holiday and eat it tooâ "and throw a party your guests will be talking about for years to comeâ "all at the same time. CarbSmart® Low-Carb & Gluten-Free Holiday Entertaining makes treating your guests to a delicious and healthy gathering easier than ever. From breakfasts and brunches to luncheons, dinners and cocktail parties, there are recipes and entertaining tips for every type of holiday occasion, from Thanksgiving to Valentine's Day. What You'll Get CarbSmart® Low-Carb & Gluten Free Holiday Entertaining provides you with 90 mouth-watering recipes, hundreds of cooking and party tips and ideas, an extensive overview of ingredient usage and substitutions, a handy guide with information on where to purchase specialty ingredients you may not be able to find in stores, a table of sweetener equivalents & more. The book is ideal for both seasoned and novice cooks, so no matter your culinary experience, you'll find an easy-to-use collection of recipes and tips that just about anyone can follow. Types of Recipes Included â ¢ Breakfast â ¢ Appetizers / Hors d'Oeuvres â ¢ Breads & Crackers â ¢ Main Dishes â ¢ Soups/Stews â ¢ Salads â ¢ Side Dishes â ¢ Cocktails/Drinks/Beverages â ¢ Desserts A Sampling of Included Recipes â ¢ Wild Blueberry Belgian Waffles â ¢ Crab Frittata â ¢ Shrimp Dill Dip â ¢ Bleu Cheese Bacon Bites â ¢ Bacon-Wrapped Fig Jalapeno Peppers â ¢ Swiss Pecan Crisps â ¢ Roasted Herb-Brined Turkey & Gravy â ¢ Flank Steak Pinwheels â ¢ Garlic-Stuffed Rib Roast with Coffee Rub â ¢ Slow Cooker Lamb Stew â ¢ Lemon Beet Salad â ¢ Vegetable Latkes â ¢ Eggplant Involtini with Pesto Filling â ¢ Parsnip, Roasted Garlic and Three Cheese Gratin â ¢ Toasty Chai-ppucino â ¢ Low-Carb Hot Cocoa â ¢ Pearberry Sparklers â ¢ Pecan Latte Gateau â ¢ Chocolate Raspberry Mousse â ¢ and much more! Get a Leg Up This Fall and Winter Holiday Season Start your holiday season off right. Order CarbSmart Low-Carb & Gluten-Free Holiday Entertaining and you'll have all the tools you need to host successful holiday gatherings with recipes so delicious you'll barely believe they're healthy! Praise for CarbSmart Low-Carb & Gluten-Free Holiday Entertaining â œI love

the recipes in this book! Whether you are the casual, backyard, card table and folding chairs type of entertainer or the tablecloth, fine china, and champagne type of person, you'll find a plethora of original recipes to fit your needs. This cookbook is proof positive that one doesn't have to partake in the holiday junkfest to indulge in decadent, festive real food dishes. Misty and Tracey have pulled together a fine collection of recipes that anybody will enjoy. From a discussion of good fats/bad fats, to a comprehensive sweetener conversion chart, to nutritional advice about types of food, to maintaining a well-stocked kitchen, this book is saturated with useful information. •  
• "Tiffany Rangel, Deliciously-Thin.com

## **Book Information**

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## **Customer Reviews**

This book is filled with recipes that are (in most cases) simple to make. Most of them are now on my "make this real soon" list. Compared to other low-carb cookbooks, this one tries for the "sweet spot" where LC, Paleo and Weston-Price intersect gluten-free. There are plenty of suggestions for substituting foods to make the recipe fit one's needs. The photos are excellent as well.

If you think that you can't (or don't want to) survive the holidays without going off plan, let me tell you that this cookbook will give you everything you need to stay satisfied and feel like you're splurging, even though you're not! Rest assured that these aren't the same old regurgitated recipes that you've seen floating around for years. I'm so impressed with the quality of this cookbook and love the Kindle version with full color photos for each recipe! Thank you Misty and Tracey for a

cookbook that I will reach for year-round.

This cookbook provides great incentive to stay low carb and gluten free throughout the holiday season and beyond! In addition to providing lots of recipes across several categories, the authors also discuss the benefits of a low-carb, gluten-free lifestyle and how to select the healthiest protein and fat sources. I love that only natural sweeteners are used in the scrumptious desserts, including the Pumpkin Cheesecake and Chocolate Raspberry Mousse (my personal favorite). All of the recipes have clear instructions so that each dish is easy to replicate at home.

This book is perfect for people who have struggled with balancing the desire to provide guests with scrumptious dishes and yet maintain the healthy goal of celebrating the holidays without added sugar or gluten free. Dianne Rishikof, MS, RDN, LDN Check out full review at [www.diannerishikof.com/gluten-free-cookbooks/](http://www.diannerishikof.com/gluten-free-cookbooks/)

Everyone will find lots of easy to make delicious recipes that they will use for a lifetime. \*\*\*January 2016 - I have now used this recipe book two years in a row and love everything on my table yet again. Raves all around from my guests..!

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