

KETO

Gatherings

Festive Low-Carb
Recipes for Every Occasion



KRISTIE H. SULLIVAN, PhD

Kristie Sullivan

Keto Gatherings



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Where two or more are Gatherings The recipes in this book aren't only keto recipes, but simply recipes for fantastic foods that anyone will love. Gatherings celebrates food that is to be shared with others. Organized simply by month, each chapter includes a birthday treat as well as menu ideas any celebration, including cocktails. gathered, you will have food! brings them all together. Whatever the occasion, you can find always delicious low carb options for everyone to take pleasure from and Keto Additionally there is an ice cream taste of the month that may convince anyone who tries them a ketogenic diet is sustainable. Keto These are the dishes that I've distributed to my family and friends for over five years of gatherings.



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After 3.5 years keto, I could tell you this is actually the best life and these recipes are the way you sustain it. (I had the privilege of serving as a volunteer recipe tester for this reserve.) I was stoked to get my duplicate of Keto Gatherings (paperback and Kindle, have to have both!), Bacon Wrapped Stuffed Chicken with Asiago Sauce, Video game Day time Sausage Dip, Baked Cinnamon Faux Oatmeal, Barbacoa and tortillas! I began flipping through it instantly to make notes of my favorites, but truly, every recipe I examined was amazing. She has the best quality recipes in her books, without doubt.) and also have spent every spare moment digging into it. The Cinnamon Draw Apart Bread, Chocolate Eclair Cake and No Bake Chocolate Cow Pie Cookies will minimize you in your tracks and make you wonder why the whole world isn't keto! My children has given up traditional hot fudge in favor of Kristie's extremely decadent, healthy edition. Since receiving my copy I've tried the Al Pastor and although it's listed as a celebration meal, it makes an incredible weeknight and freezer meal, too!! You can taste the love that went into each of these recipes that Kristie developed to take care of her loved ones. Quality recipes I can't wait around to try include Cheese Straws, Lemon Poppyseed Muffins, Savory Breakfast Muffins, Light Russian, and Lemon Drop Martini. Can you even believe we have these fabulous options on a "diet"? After 3.5 years keto, I could tell you this is the best life and these recipes are how you sustain it! You may be drooling just looking at the pictures. Thank you, Kristie, for another masterpiece!! It has finally arrived! Finally! Merely amazing. The hubby will be much more happy about his "pressured" keto way of living when I start producing some of the ice cream dishes! I have already been a Kristie-follower because the beginning, am an eternity ketoer after three years, maintaining an 80+ pound weightloss, and am 65 yrs . old. Overall, I'd give this 3 stars because the recipes do look good. I really like that she recreates the quality recipes I love to make.! She knows what fats and pain feel like. She knows what keto can perform for all of us all and she actually is determined to pay her blessings forward. She did it again ! Keto is usually revolutionary, yet the world is slow to take it seriously. Hopefully people in the keto spotlight, like Kristie, will continue steadily to promote its health advantages so that we are more known in medical facilities, restaurants, food markets, etc. She also has youtube videos which is what got me thinking about the first place. I have made many from her YouTube video clips and cannot wait around to try several. The publication is definitely beautifully illustrated with photos and personal tales. Thanks, Kristie!! She connects well with the "least of these", the men and women who struggle daily with metabolic disease that others just see as extra fat, lazy and out of control. Love this book!!! It turns out the recipes work great for everyone, not only people interest in Keto.. Kristie offers walked a keto mile for over 5 years. Since we typically avoid anything sweet--even keto--the book isn't quite a helpful for me as I'd hoped. Heavy on sweets I've been eating keto for 3 years now and wanted some new ideas. They're that delicious !. Rhonda It's a KETO will need to have! Wow, just wow ! Keto Gatherings - Low carb recipes I love this cookbook!! All three of her books certainly are a must have.. Delivery date arrived and 3 copies are here! As for the recipes. Love this publication!! The recipes have been tested and you may count on them to be delicious in addition to consistently following true keto method of eating. These dishes are delicious. The cookbook is usually arranged by months so you can pick a unique dish for the gathering. Gorgeous photos accompany each one. Low carbohydrate cooking doesn't mean low taste! Kristie Sullivan has done a wonderful job again! You will discover lots of helps and useful details in leading pages and all throughout the cookbook. Thanks for the beautiful cookbook Kristie! Well.). And several of the recipes do look good, but the concentration is heavy on sweets (breads, ice cream, etc. I decided to give this publication a shot. Well I didn't

think there was much more she could offer, but was looking towards her 3rd reserve Keto Gatherings simply for holiday dishes. The recipes are divided by month/holiday instead of recipe categories, and I don't care for that organization. Kristie is a Southern cook therefore am I. If you are searching for loaf of bread/muffin/cake/ice cream quality recipes, I think you'll be pleased. Like how it's divided for each month. I want I had... Ideal Cookbook for the Holidays I stayed up until I am scanning this book. With the holiday time of year upon us, what things to take to a celebration that's Keto friendly and delicious to the non-Keto folks is a quandary. LOVE THE BOOK I cannot wait to sit back and begin making my set of what I will fix 1st, then 2nd and so forth. In each section, the author shares her thoughts behind the quality recipes she chose to share. It is encouraging to know that we don't have to feel deprived of delicious food, especially the ones that were perennial favorites on our holiday tables. I've purchased the other two cookbooks by this author and use them daily. I am getting excited about a years well worth of new meals to serve my family. My husband is getting excited about the new ice cream flavors! Delicious food that's good for your health This cookbook is awesome for anyone trying to eat the Keto way!! Followed by Keto Living Day by Day. If you can only focus on one Keto Cookbook. This book is a must have if you value great food with family and friends!! The quality recipes in Keto Gatherings are simply just amazing. I preordered Keto Gatherings, received it on Release Day and made my first recipe out of it the same time!!! Keto Gatherings is a cookbook regularly found in my household. Even the known keto people in my house enjoyed the cheese straws! Kristie Sullivan offers previously written two great cookbooks for people interested in the Keto lifestyle. I can't wait to try all of the ice cream recipes. Keto love in all these recipes! This book is another outstanding book written Kristine Sullivan! Her dishes in this publication are set by month to celebrate holidays and special days, the very best part is you may make and revel in these delicious recipes any time of the week and calendar year because they are all keto recipes!! This lady is a true life saver. I cannot wait around to begin with trying recipes. Unless you typically consume these things, I recommend searching for a different book.! Thanks so much for taking the time to generate Keto Gatherings. New staples in my own house consist of Maple Donuts, Rosemary Asiago Bagels, Banana Nut Muffins, Peanut Butter No-Nana Muffins (those four hooked my husband on keto! Her dishes have been the secret to making Keto sustainable for me! Keto Gatherings, ESSENTIAL Purchase! Kristie takes the hard work out for me. She gives therefore many delicious quality recipes, tips on how to make the foods, the recommended meal and encouraging words if you are not a seasoned make but a beginner. Best Keto Holiday Cookbook I actually follow Kristie Huneycutt Sullivan on her Facebook page and also have her various other two cookbooks. I love that the dishes are themed to holidays and events for every month. I have never felt better while eating better tastier foods.. I was amazed when going through the reserve and found a lot more amazing recipes for anytime, not only holidays. Start with this one! It's obvious that it is written with lots of like and thoughtfulness! Do yourself and your family members a favor and purchase this publication, whether you're keto or not! Love love Her best cookbook however. I live out of her cookbooks. WOW just WOW! If you would like special recipes that flavor good, look good ad are KETO then this is actually the publication for you. There are a lot of particular treats in this book and they taste as good as they look!



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