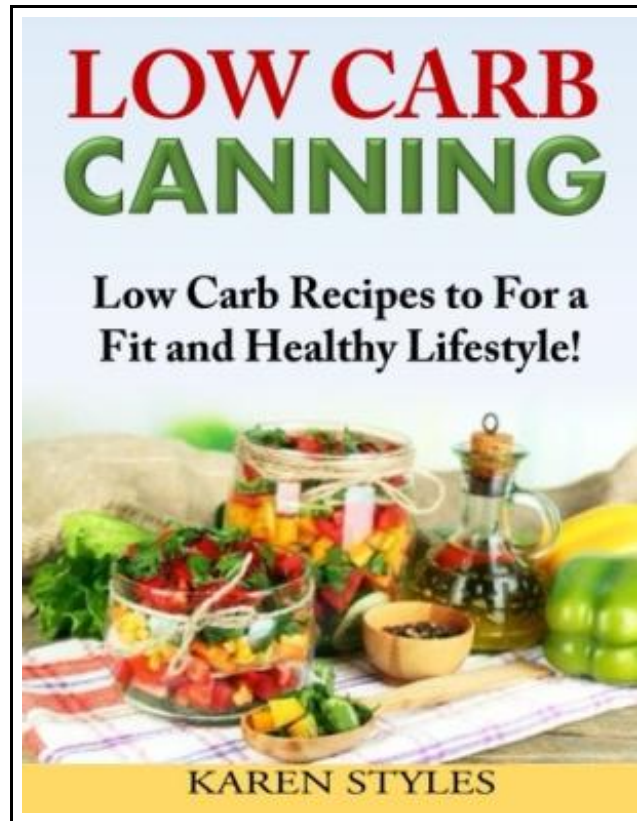


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Createspace, United States, 2014. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Low Carb Canning: Low Carb Recipes to For a Fit and Healthy Lifestyle! These days, it s so easy to just get lost in the hustle and bustle of life without giving yourself the chance to eat healthy and lose weight. Some people think that living a healthy lifestyle is hard, especially because most of the foods that you can buy in the market are full of preservatives, and you can t always be too sure how they re made. Well, why not try making your own canned and preserved recipes? Not only will you be able to keep them for a long time, you can also be sure that you d have something to eat when you feel like snacking, or when you have to go somewhere. And, you d get to eat something healthy at that, too! Low Carb Canning Recipes is the solution to your problems. With the help of this book, you d get to learn about why canning is good for you, and you d be treated to a bevy of canned low-carb recipes that you can try making on your own. By reading this book, you d learn: The benefits of canning; Why canning is good for the environment; Brief introductions to the different categories of canning, such as canned meat, fruit butters, fruit and vegetable jams, relishes, and pickles, and; How to make various canned recipes, such as Canned Beef Roast, Captivating Canned Clams, Lemony Pear Butter, Jalapeno Jam, Eggplant Jam, Cucumber and Garlic Pickles, Minty Pickled Carrots, Corn Relish, Zucchini Relish, and so much more! It s not enough that you just try whatever diet regimen is popular right now....



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