



Low Carb Paleo Mug Cakes: Over 40 Healthy and Yummy Five-Minute Mug Cake Recipes Plus Decorating Ideas and Essential Secrets of Making the Perfect Mug Cakes (Low Carb & Microwave Meals)

Sheila Hope

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Are you a dessert lover, but trying to lose weight by following a low-carb diet?

Are you tired of baking entire cakes just to toss out what is left?

If this sounds like you or if you are one of those busy people who never have time to catch a break this book is the perfect choice for you. Mug cakes are the perfect choice for people who are looking for something sweet to eat, but don't want the mess or hassle of baking an entire cake. Mug cakes are also the perfect choice for those of us who are constantly on the go. Most recipes can be thrown together in less than 5 minutes, cooking time included too.

If you are tired of the mess that baking creates or are tired of the waste when you bake an entire cake, this is the perfect book for you. If you are tired of the same, boring cakes on your low carb or paleo diet, this book is an ideal choice for you. Sometimes making mug cakes isn't enough, this book will even teach you how all about decorating your mug cake.

Inside You Will Learn:

- Where mug cakes originated from
- Why they are so popular
- How to make the best mug cakes
- Recipes for low carb and paleo mug cakes
- Recipes for one-minute muffins
- And Much More

Once you learn how quick and easy it is to make mug cakes there will be no stopping you. Learning how to make the perfect mug cake will make both your life and your diet better, no more having to fight off those sweet tooth cravings.

Don't wait anymore. Download this amazing recipe book today.

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