

Download Low Fat Mini Practical Cooking

Not yet a member? Try 1 month for free. Get access to hundreds of low-carb videos, meal plans and practical guides. How do you stay low carb or keto when you don't want to cook? It may be that you come home late, are tired, or that you are unexpectedly unprepared. The options below show you how to stay low carb when you don't feel like cooking at all, or only have time for minimal cooking. Toffee is a hard candy made mainly with sugar and butter. In America, the term "English toffee" is generally used for toffee prepared with a coating of chocolate and almonds. Family friendly Nom! These delicious, low-calorie dishes from the home cooks who've taken Britain by storm offer practical slimming recipes that don't mean missing out on flavour - Low Fat Mini Practical Cooking