

# Ketogenic Diet Cookbook Vol 4 Snacks Dessert Recipes

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## **Ketogenic diet Wikipedia**

January 14th, 2019 - The ketogenic diet is a high fat adequate protein low carbohydrate diet that in medicine is used primarily to treat difficult to control refractory epilepsy in children The diet forces the body to burn fats rather than carbohydrates Normally the carbohydrates contained in food are converted into glucose which is then transported around the body and is particularly important in fueling

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## **Tofu Wikipedia**

January 15th, 2019 - Tofu also known as bean curd is a food prepared by coagulating soy milk and then pressing the resulting curds into solid white blocks of varying softness It is a traditional component of East Asian and Southeast Asian cuisines it has been consumed in China for over 2 000 years It can be silken soft firm or extra firm It has a subtle

flavor so it can be used in savory and sweet dishes

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