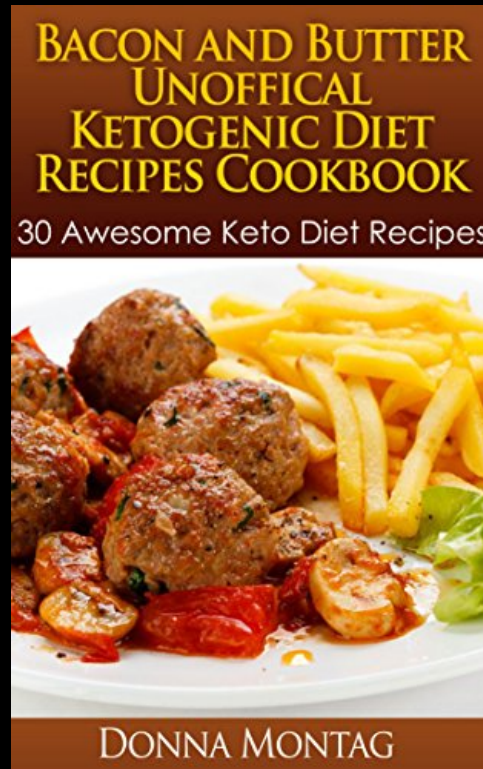


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Are you like me a Food Lover ? Look for healthy Recipe?Here is 30 yummy tantalizing recipes for your food shelf! [SAMPLE RECIPE] KETO EGG SALAD Instead of having eggs fried or boiled, just prepare this rich, creamy egg salad to use for sandwiches or as a salad topping just yummy to taste. Ingredients:=====1) 12 large eggs2) 1/2 cup mayonnaise3) 2 tablespoons of melted butter4) 1/2 teaspoon ground mustard5) 1/3 cup finely minced white onion6) 1 teaspoon black pepper7) 1 teaspoon saltDirection:=====1) First, you need to hard boil the eggs. Put the eggs in a pot of cold water (enough to cover them completely) and bring to a boil. After 10 minutes they should be ready. For easier peeling, discard the hot water and replacing with cold water. You can even use a bow of icy

water to put the eggs in for a few minutes it will make the peeling much easier.2) Chop the eggs into cubes. If you are in a hurry or want to get this part done as quickly as possible, use an egg slicer to do half of the job.3) Melt the butter and add it into the mix. Add all other ingredients before stirring. Use a gentle motion when stirring and don't use too much pressure if you want to still feel some egg chunks in there. If you are a fan of spicy food, you can sprinkle some cayenne pepper into the mix as well. 4) Let the salad sit in the fridge for at least 20 minutes. The flavors will blend together into a delicious condiment, side dish or separate meal. Nutrition info (2 serving): 163 calories, 14 grams fat, 6 grams protein, 2 grams carb, 1 gram fiber [Click the Cover "Look Inside" for More Sample Recipes!]
Note: this book is not affiliated nor endorsed by Celby Richoux's Bacon & Butter Ultimate Ketogenic Cookbook It's a supplementary recipe book created by a fan and a food lover. The collection of recipe in this book provides all essentials without any fluff and above all 'Yummy Recipes!

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