

Bread is such an integral part of our daily diet that it tends to be what we miss the most when embarking on a low carb high fat or gluten-free diet. After the initial excitement fades, it doesn't take long for the aroma of a freshly baked, warm-from-the-oven loaf to waft into our memory. At last, with Low Carb High Fat Bread, those following low-carb and gluten-free lifestyles can once again bite into delicious, crusty bread. LCHF breads are made with an egg base and contain vitamins, minerals, and protein. This makes LCHF bread highly nutritious, substantial, and satisfying for a hearty snack or even a light lunch. Plus, these recipes are quick and easy to make; simply mix the dough, shape, and bake. Low Carb High Fat Bread includes forty delicious recipes, including: Basil loaf, Monkey bread, Focaccia with red onion and Parmesan, Crispbread, Hotdog and hamburger buns, Tortillas. It's all here! LCHF bread is gluten- and sugar-free and is perfect for weight loss and health. With Low Carb High Fat Bread, everyone can indulge in a slice of warm, aromatic, and delectable bread. Skyhorse Publishing, along with our Good Books and Arcade imprints, is proud to publish a broad range of cookbooks, including books on juicing, grilling, baking, frying, home brewing and winemaking, slow cookers, and cast iron cooking. We've been successful with books on gluten-free cooking, vegetarian and vegan cooking, paleo, raw foods, and more. Our list includes French cooking, Swedish cooking, Austrian and German cooking, Cajun cooking, as well as books on jerky, canning and preserving, peanut butter, meatballs, oil and vinegar, bone broth, and more. While not every title we publish becomes a New York Times bestseller or a national bestseller, we are committed to books on subjects that are sometimes overlooked and to authors whose work might not otherwise find a home.

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