

1 000 Low Fat Recipes

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Summary:

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LCHF Ok, so what is this LCHF then? This is true LCHF: Basics. The abbreviation stands for Low Carb High Fat and the very simple basics are to minimize the carbs in your food and try to exchange the energy to fat instead. Cream Cheese Cookies - Divalicious Recipes Cream cheese adds a lovely flavour and texture to these cream cheese cookies. Baked with coconut flour they are low carb and gluten free too. These cream cheese cookies are soft and chewy but firm up the next day after stored in the fridge. Trans Fat: The Facts â€¢ Consuming trans fat increases low-density lipoprotein (LDL, or â€œbadâ€•) cholesterol. This effect contributes to increased coronary heart disease.

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