

The Low-Carbohydrate Cookbook

An expert guide to long-term,
low-carb eating for weight loss and
health, with over 150 recipes



Elaine Gardner

Low Carbohydrate Cookbook

Christian Drosten



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web sep 26 2023 method make the egg mixture in a medium bowl whisk together the eggs milk and cinnamon stir in the orange zest and or soak the bread slices in egg mixture place each slice of bread into the milk egg mixture allowing the bread to soak in fry the french toast melt some butter in a large

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web feb 23 2019 instructions whisk together egg mixture in a bowl vigorous whisk avoid cinnamon floating on top melt 15g 1 tbsp butter in a non stick skillet over medium heat dunk a piece of bread quickly into the egg mixture coating both sides place in pan repeat with more slices to fill cook for 2 $\frac{1}{2}$

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