



Low Carb High Fat Cooking for Healthy Aging: 70 Easy and Delicious Recipes to Promote Vitality and Longevity

Annika Dahlqvist, Birgitta Höglund

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Oftentimes, the so-called diseases of affluence, like diabetes or high blood pressure, are due to improper diet as you age. By eating food with fewer carbohydrates and more fat, you can maintain a normal weight and become free of the symptoms of, for example, fibromyalgia, irritable bowel syndrome (enteritis), chronic fatigue syndrome, and sleep disorders.

Low Carb High Fat Cooking for Seniors contains over 70 easy-to-prepare recipes for those who want hearty and nutritious food that makes you feel as good as possible. Recipes center around healthy, Low Carb High Fat (LCHF) staple ingredients, like butter, cream, crème fraîche, eggs, coconut oil, olive oil or canola oil (cold pressed), nuts and almonds, and cheese, and are suitable as breakfast, snacks, entire meals, or tidbits at teatime. Recipes include:

Almond Waffles

Buckwheat Porridge

Spinach Soup with Bacon

Salmon and Cauliflower Casserole

Lingonberry Ice Cream

Chocolate-Covered Macaroons

And much more!

Birgitta Höglund is a trained chef and has long posted on her popular blog, Birgitta Höglund's Food (Birgitta Höglund's Mat). She has personal experience following an LCHF diet, and her LCHF recipes in this book are also crafted for the Glycemic Index (GI) and Paleo diets. Many people simply prefer to eat natural food without preservatives, and *Low Carb High Fat Cooking for Seniors* is here to provide tasty, simple-to-prepare food that's healthy for seniors as well as the whole family.

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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