



[*KETO FAT BOMBS, SWEETS & TREATS*](#) © 2019 by Urvashi Pitre.

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Our Summary:

In a world where names typically are misleading, don't let the title of this book [*Keto Fat Bombs, Sweets & Treats*](#) scare you away. This is bakery-book-nirvana. And for those that coincidentally are looking for low-carb, sweet solutions to their dietary platform, this may be nothing short of heaven-on-earth. You'll find incredibly interesting and simplified information for living in ketosis that provides an interesting backdrop to

the recipes. Regardless, you'll be satisfied with the 100+ recipes for baked goods that are easy, delicious, and arguably healthy.

What You Need to Know:

Get it: [*KETO FAT BOMBS, SWEETS & TREATS*](#) © 2019 by Urvashi Pitre. Photography © 2019 by Ghazalle Badiozamani. Published by Houghton Mifflin Harcourt (March 5, 2019) Paperback \$22.99 ([Amazon: \\$15.17](#); [Kindle \\$12.99](#))

See it: 256 pages in glossy paperback form filled with easy to read recipes. Active and total cooking times (most prep can be done in 15 minutes or less); Dietary Considerations, (i.e. vegetarian, egg-free, dairy-free, vegan), Macro percentages for keto diets, and nutritional information per serving, are included.

Make it: 100+ recipes of recipes for low-carb breads, cakes, cookies, ice creams, frostings, puddings and pies, and more. If you need a dessert or a sweet fix, you can find it here.

Chef Donna's Review:

[*Keto Fat Bombs, Sweets & Treats*](#) is utterly engaging from its first page. The introductory materials, which I admittedly had little interest in, managed to garner my complete attention. I easily grasped keto basics, learned how to ease into eating keto, and understood about calculating macros on a keto diet. When I landed on the first chapter titled *Breads* some 60 pages later, I was shocked. Not that I had read 60-pages about the keto platform, but that I forgot this was a cookbook. Pitre's writing style is like that. It's conversational and draws you in like you're sitting and talking with a friend. You care about what they have to say.

[*Keto Fat Bombs, Sweets & Treats*](#) includes chapters on breads, cakes, cookies and brownies, chocolate and fat bombs, then includes drinks, ice cream and ice pops. In case you haven't had your fill or found quite what you were looking for, Pitre finishes up with frostings and glazes, and puddings and pies. Still to be sure you have a full complement of keto perfect foods, Pitre ends with shakes and smoothies and salad dressings. Indeed, you could say the book title is its worst enemy. I'd have run with "Sweets & Treats for Everyone," though I do love the idea of a "fat bomb" dropped into the middle of my daily meal repertoire.



For me, a non-keto eater, I was pleasantly surprised that the keto basics and the keto pantry staples aren't too far from mainstream; you won't have to search high and low to find them. Xanthan Gum and [Swerve brand sugar substitute](#) will be your hardest to source, and yet better grocers and online sources (especially [Bob's Red Mill for Xanthan Gum](#)) should typically carry them. When you find these ingredients, and you will, you'll be rewarded with delicious sweet treats like *Blueberry Sour Cream Muffins*, *Chocolate Cupcakes with Cream Cheese Frosting* and *Cinnamon Mug Cake*.

You'll delight in *Buttery Almond Pound Cakes* and cakelets, shortbreads and enough cookies to keep you current through any season of the year with [Keto Fat Bombs, Sweets & Treats](#). That frostings and cheesecakes are included give you flexibility to finish your baked goods to your personal liking. If you prefer confections there are plenty of recipes that make you look like a master chocolatier. You'll be making fudge, bars, bark or two different truffles that are easy and fast.

And, while no dessert book is complete without ice cream, the varieties Pitre offers are extraordinary. [Keto Fat Bombs, Sweets & Treats](#) gives 13 options for drinks, ice creams and ice pops that are exciting, flavorful, and among them include a no-cook ice cream eggnog, and two Mexican hot chocolate blends.

In the end some (like skeptical me) should simply forget the title starts with the word "keto." This is indeed *Sweets & Treats*, period. For whimsy and fun, the "fat bombs" piece is irresistible, too. Regardless of your dietary platform, but especially if you eat keto, you will love this book and the options it presents for you. Once you find the ingredients you need, you'll have no trouble using them over and again. Nutritional information is included for each recipe and, surprisingly, for a dessert book with the word "fat" in the title, none seem to be offensively high. If after all this you're still not convinced that [Keto Fat Bombs, Sweets & Treats](#) is the book for you, then the *Milky Bears* and recipe for homemade gummy bears will. Now, the only question is where to find the [little bear molds](#) to make the recipe?!?!?

Recipes to cook from [KETO FAT BOMBS, SWEETS & TREATS](#) © 2019 by Urvashi Pitre. Photography © 2019 by Ghazalle Badiozamani. Reproduced by permission of Houghton Mifflin Harcourt. All rights reserved.

[Blueberry Sour Cream Muffins](#)

Chef Donna's Note: This recipe calls for [Swerve brand sweetener](#), while other recipes suggest Truvia or other sugar substitutes. Swerve brand does not contain erythritol, which can for some people affect the taste of foods. It creates a cooling sensation in the mouth. The author permits substituting Truvia though cautions she specifically calls for Swerve brand where Truvia doesn't add sufficient bulk, and is usually in recipes that are baked.

[Lemon Ricotta Cheesecake*](#)

[Peanut Butter Cake*](#)

**Chef Donna's Note:* Both these recipes were originally written for the insta-pot, which is why the pan sizes are smaller than the standard; the author modified the baking instructions for the conventional oven but did not change the pan size.