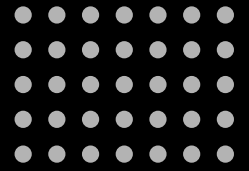


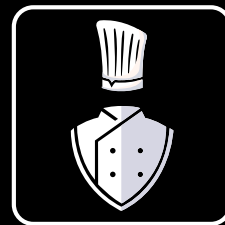
by Chef Shankar Krishnamurthy



Recipes

KETO DESSERTS

Vol-1



ASK
ACADEMY OF CULINARY ARTS



WHAT'S INSIDE...



MEET YOUR
PERSONAL **FOOD COACH**

ALL YOU WANT TO KNOW
ABOUT **KETO DESSERTS**



2 INGREDIENT
KETO CHOCOLATE CAKE

BLUEBERRY CRUMBLE BARS



KETO BROWNIES

**CINNAMON FLAX SEED MUFFIN
IN A MUG**



KETO LEMON POUND CAKE



MEET YOUR PERSONAL FOOD COACH

Chef-par-excellence Shankar Krishnamurthy may have entered the industry by accident but every move he has made after that has endeared him to people who have relished his signature dishes. From Heads of States & Countries to High profile Industrialists, Matinee Idols to Royalty, Socialites to Corporate Giants, Mega Weddings to Pop Concerts, he has the distinction of catering to practically every segment besides the who's who of India. Over a career spanning 3 decades, Chef Shankar has become a brand to reckon with. His expertise includes Indian, Italian, Greek, Thai, Lebanese, Mexican, Chinese, Latin American, Japanese, British, Spanish, American amongst others. What sets him apart, is his ingenious signature twist to every recipe. From a 5-star chef to a serial restaurateur, he has won many hearts through their stomachs and he's here, as your personal Food Coach, to hand-hold you while you whip up his recipes.

Every recipe, every course featured in this Academy, are his indigenous creations with a twist of his own that has evolved over a period of time. He has spent years and years in pursuit of the magic that transforms food into a form of delectable art. ASK is the expression of his love for all things edible. Presenting Shankar Krishnamurthy's signature recipes that have made every foodie in India, sit up and lick their forks off. All these at throw away prices. This is his way of giving back to the foodverse which has given him everything he aspired for. And yeah, don't forget to check out his \$1 meal recipes in his master book. Endearing with a distinct attitude, he is every cooking enthusiast's dream coach. Taste your success with his seasoned ministrations.

Be ready to receive whatever you ASK for...

[Click here to Cook with Shankar](#)

All you want to know about

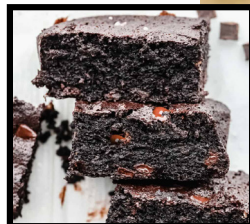
KETO DESSERTS

The popularity of Keto diet has been at an all-time high in the last decade. Weight watchers swear by it but that's not all. There are several other proven benefits like lowering blood sugar, improving heart & brain function amongst others. Basically, a keto diet is an eating plan that focuses on foods that provide a lot of healthful fats, adequate amounts of protein, and very few carbohydrates. The goal is to get more calories from fat than from carbs.

The diet works by depleting the body of its sugar reserves. As a result, it will start to break down fat for energy. This results in the production of molecules called ketones that the body uses for fuel. When the body burns fats, it can also lead to weight loss.

In this book, ASK chefs have picked and chosen an array of Keto desserts that can help you stay on the diet while indulging your sweet tooth. Isn't that amazing?

Presenting 5 Signature recipes straight from Chef Shankar's repertoire. Enjoy!





BUY THE COURSE TO UNLOCK THE RECIPES

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