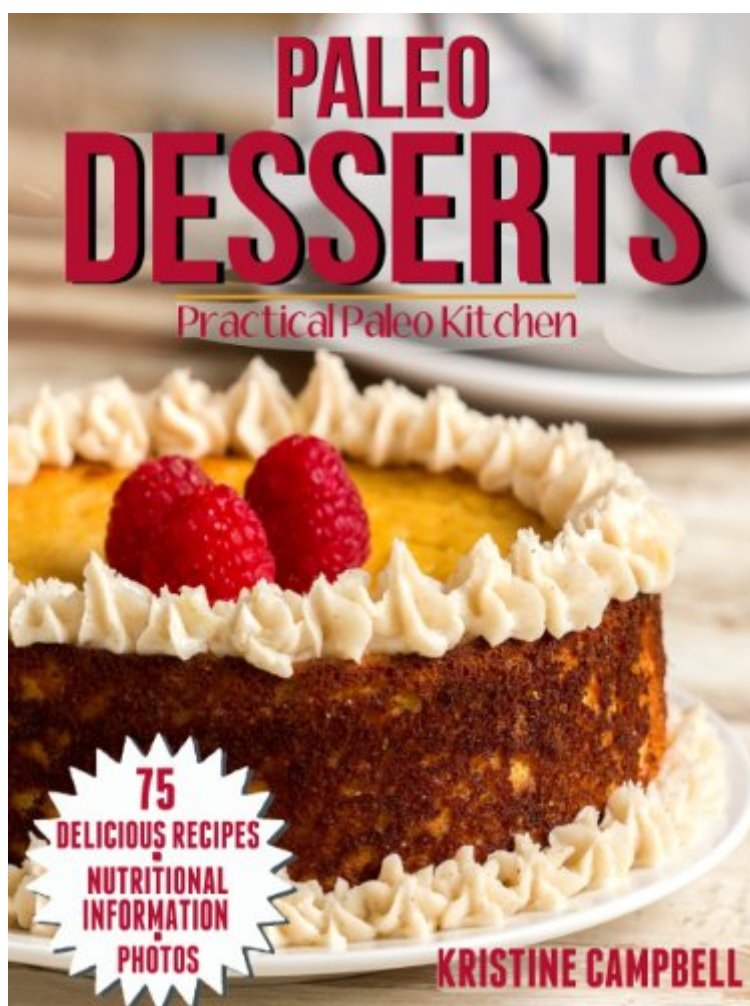


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Paleo Desserts: 70 Delicious & Healthy Gluten-free, Sugar-free, Allergy Free, Low Carb Dessert Recipes For The Paleo Diet (Includes Nutrition Facts & Photos) (Practical Paleo Cookbook Book 2)





Synopsis

Paleo Indulgences Packed with Goodness for the Entire Family! Following a Paleo Diet does not mean that you have to give up on your favourite desserts and treats. Do it right in Paleo style with this fantastic collection of Paleo Desserts. The recipes are 100% paleo friendly and will help you stay true to your Paleo lifestyle. This beautiful book comprises complete guidance on the paleo dessert making process, 70 delicious and healthy paleo dessert recipes, nutrition facts, cooking times and full color photographs. Doing it Right Paleo Style The quick and easy recipes in this book are inspired by the Paleo solution diet and lifestyle. They are all gluten free and soy free. There are also dairy free, egg free and low fructose recipe options included, that incorporate Fruits, Vegetables, Nuts, Seeds and healthy paleo friendly fats. Each one of these dessert recipes are tried and tested and are sure to delight every type of palette. A Complete Paleo Desserts Resource You will learn: get your pantry ready for the paleo dessert making process pick the correct ingredients and combinations for optimal health and taste how and where to source the right ingredients show to quickly and easily make desserts for every occasion useful tips on making the desserts your own Nutrition Facts included The accompanying nutritional information enables you to make the right choices that are unique to your individual circumstances. Enjoy these Scrumptious Dessert Recipes Enjoy this delicious collection of recipes that are created with good health in mind. They include: *Cakes & Puddings* *Bars & Cookies* *Kids Treats* *Low Fructose Delicacies* *Classics Reinvented* *Chocolate Indulgences* *Off the Beaten Track* Get this fantastic collection of Paleo Desserts at this LOW introductory PRICE - EXCLUSIVE to the Store NOW! Â Â

Book Information

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Customer Reviews

I'll never know if the recipes are great or not because the kindle is not working on my pc. The recipes won't scroll to a place I can read them. Grrrrr. Also There seems to be no way to cancel it for refund. Grrrr.

at first thought no way but forgot about the swap outs. Now I say a very good book. Has the nutritional values, complete instructions. A very good buy

It's a good book with great recipes. My only concern is the amount of butter/fat used in some of them and the calorie content of some of the portions. Besides that it's a nice little book with great grain free alternatives for desserts.

Liked the layout and presentation. Definitely helpful in providing info on desserts for Paleo diet. Really looking forward to trying.

Good Read, very insightful

Wow, this book is packed with so many recipes that look absolutely AMAZING!!! I have people in my family who eat gluten free so I'm so happy to find some recipes that show them they can still have desserts and love their food, yet be healthy at the same time. Those Key Lime Cupcakes with Silky Meringue Frosting are the first thing I'm going to try... talk about delectable! Highly recommended!

Who doesn't like Paleo Desserts? I do!

Great delicious dessert ideas for Paleo and low carb!

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Paleo Desserts: 70 Delicious & Healthy Gluten-free, Sugar-free, Allergy Free, Low carb Dessert Recipes for the Paleo Diet (Includes Nutrition Facts & Photos) (Practical Paleo Cookbook Book 2)
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