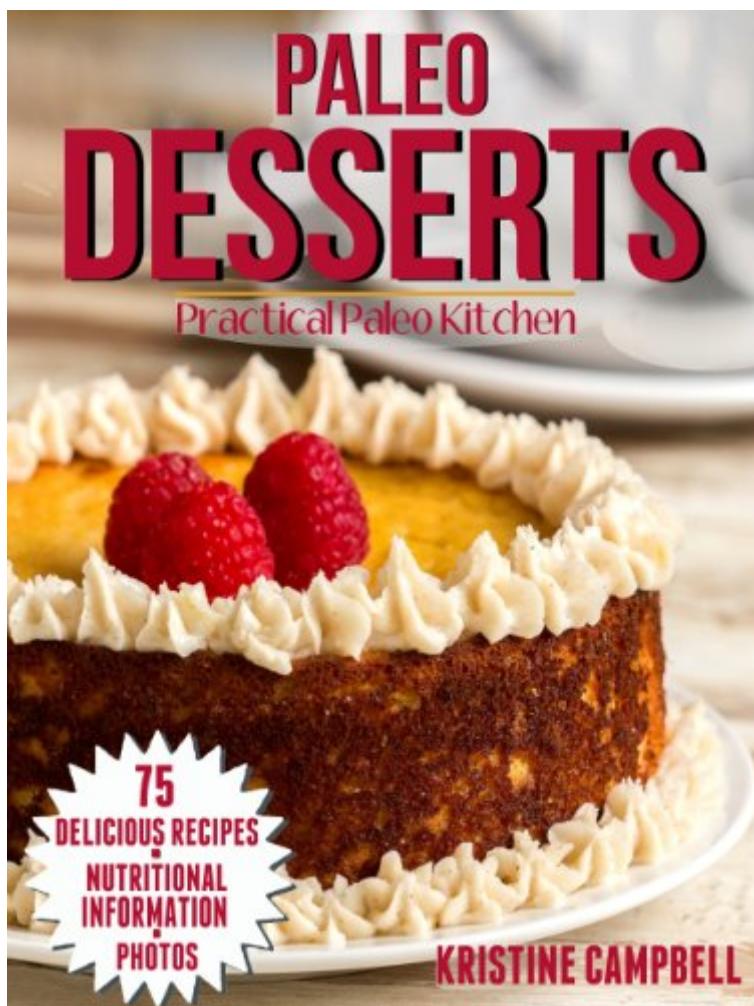


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# Paleo Desserts: 70 Delicious & Healthy Gluten-free, Sugar-free, Allergy Free, Low Carb Dessert Recipes For The Paleo Diet (Includes Nutrition Facts & Photos) (Practical Paleo Cookbook Book 2)





## 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 StyleThe 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 ResourceYou 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; how 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 RecipesEnjoy 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

## 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 wont scroll to a place I can read them. Grrrr. 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) Low Carb: 365 Days of Low Carb Recipes (Low Carb, Low Carb Cookbook, Low Carb Diet, Low Carb Recipes, Low Carb Slow Cooker, Low Carb Slow Cooker Recipes, Low Carb Living, Low Carb Diet For Beginners) Low Carb Cookbook: Delicious Snack Recipes for Weight Loss. (low carbohydrate foods, low carb cooking, low carb diet, low carb recipes, low carb, low carb ... dinner recipes, low carb diets Book 1) Low Carb Diet: Introduction To Low Carb Diet And Recipes Of Low Carb Soups And Casseroles: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) Paleo Diet: 365 Days of Paleo Diet Recipes (Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, Paleo, Paleo Cookbook, Paleo Slow Cooker, Paleo For Beginner, Paleo Recipes) Paleo Diet: 1001 Best Paleo Diet Recipes of All Time (Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, Paleo, Paleo Cookbook, Paleo Slow Cooker, Paleo Diet Meals) Low Carb Cookbook: 500 BEST LOW CARB RECIPES (low carb diet for beginners, lose weight, Atkins diet, low carb foods, low carb diet weight loss, low carb food list) Low Carb: The Ultimate Beginnerâ™s Low Carb Guide to Lose Weight Quick without Starving With over 20 Easy Recipes To Follow. (Low Carb, Low Carb Cookbook, ... Diet, Low Carb Recipies, Low Carb Cookbook) LOW CARB DIET: KETOGENIC DIET: 1000 BEST LOW CARB AND KETOGENIC DIET RECIPES (BOX SET): low carb cookbook, ketogenic diet for beginners, low carb diet for beginners, low carbohydrate diet, ketogenic Paleo Desserts: Satisfy Your Sweet Tooth With Over 100 Quick and Easy Paleo Dessert Recipes & Paleo Diet Baking Recipes (gluten free, lose belly fat, paleo ... diet desserts, paleo diet, wheat free) Low Carb: Low Carb, High Fat Diet. The Winning Formula To Lose Weight (Healthy Cooking, Low Carb Diet, Low Carb Recipes, Low Carb Cookbook, Eat Fat, Ketogenic Diet) Low Carb Candy Bars: 25 Low Carb Recipes To Satisfy Your Sweet Tooth: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) The Ketogenic Diet Cookbook: Lose 15 Lbs In Two-Weeks With 66 Perfect Low Carb Keto Recipes: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) Low Carb: Low Carb High Fat Diet - How to Lose 7 Pounds in 7 Days with Low Carb and High Protein Diet Without Starving! (low carbohydrate, high protein, ... carb cookbook, ketogenic diet, paleo diet) Low Carb: Low Calorie Cookbook: 200 High Protein Recipes for Weight Loss, Muscle Building, Healthy Eating and Increased Energy Levels (Low Carb High Protein ... Low Carb Cookbook, Low Carb Diet Book 1)

Low Carb: Low Calorie Cookbook: 50 High Protein Recipes Under 500 Calories for Weight Loss, Muscle Building, Healthy Eating & To Increase Energy (Low Carb ... Low Carb Cookbook, Low Carb Diet Book 1) Low Carb: Don't starve! How to fit into your old jeans in 7 days without starving with a Low Carb & High Protein Diet (low carb cookbook, low carb recipes, low carb cooking) Ketosis: Ketogenic Diet: 2 in 1 Box Set: Includes over 100 Top Ketogenic Dessert and Ice Cream Recipes (diabetes, diabetes diet, paleo, paleo diet, low carb, low carb diet, weight loss) (Volume 4) Paleo Cookbook: The Ultimate Healthy Paleo Diet Recipes for Your Family (Paleo diet, Paleo Recipes, ancient diet, Paleolithic Diet, Low carb Diet, Ketogenic Diet) Keto Bread Cookbook: Real Low Carb Recipes: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes)

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