



#1 BEST SELLING

HEALTHY DESSERT COOKBOOK

Paleo Dessert Cookbook

Louise Hendon



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Best Paleo Desserts: 33 Scrumptious Valentine's Day Recipes with Grain Free Baking and Healthy Dessert Recipes Ginger Wood, 2014-04-12 This is a 2 In 1 box set compilation. Book 1: *Best Paleo Desserts*; Book 2: *Paleo Is Like You*. Book 1: The Paleo diet is one of the most unquestionably interesting diet concepts that have racked up the points in the last few decades. Everyone from celebrities to the general public are adopting it left, right, and center as the secret of their healthy glow. Health diets, fad diets generally tell you to skimp on desserts or just altogether forego the bite of a heavenly cream doughnut, but you would be happy to learn that the Paleo diet is one such diet that does not dissuade you from eating those comfort goodies. It in fact encourages your sweet tooth but with some adaptive changes.

that allow for organic gluten free and grain free ingredients to make up decadent treats that leave your mouth watering for more There are several reasons you may have decided to go for Paleo as a lifestyle change but the need for a scrumptious dessert or homebaked good especially during Holidays like St Valentine s Day is more real than ever because it is the day of love and love should be celebrated on a day like this with something sweet and extra special after a romantic and enjoyable dinner So what is this Paleo dessert cookbook with 33 scrumptious healthy Valentines Day recipes all about More importantly how does it help you get what you want on this special day of love because you know that you want to become healthier but you do not really want to sacrificing your love for sweets on a day like this right Inside this book you will get exactly what you are looking for and that is the following 1 This Paleo dessert cookbook is especially dedicated for people who love to celebrate St Valentine s day and who love to enjoy eating scrumptious desserts without having to feel guilty about it and without having to sacrife their love for some sweet treats and desserts 2 The healthy desserts gluten paleo baking book will tell you why Paleo is the craze now and why you should be enjoying the Paleo lifestyle too 3 This grain free Paleo vegan sweets book for the Holidays will also tell you ways in which the Paleo diet will change your lifestyle for the better and turn guilt into guilt free pleasures 4 This Paleo cupcake and frosting recipes book will also tell you what ingredients to have in your kitchen as a staple for paleo dessert pleasures during the Holidays This Valentines Day recipes book will give you 33 scrumptious Paleo desserts Paleo Gluten Free Grain Free Muffin Recipes Paleo Cupcake And Frosting Recipes Paleo Vegan Sweets Paleo Smoothies that you probably desire right now 5 Inside the Paleo Holiday recipes book you will learn how to make these easy Paleo desserts in a quick no fail fashion and even if you are a busy mom or a busy person who works a lot You ll find some easy and quick fix 3 Minute Paleo Holiday recipes too 6 Based on the knowledge of this paleo dessert book you will be empowered and enabled to discover and explore more and more Paleo dessert applications by yourself and this is where the fun begins 7 You will absolutely learn how to turn guilt into guilt free pleasures by pure will power and indulge your partner and loved one with these scrumptious healthy Holiday treats 8 Ultimately you will be living some pleasurable Paleo dessert moments free from guilt 9 You ll be empowered to live the paleo lifestyle beyond the Holidays that include sweet treats on a regular basis Inside you ll find Paleo Marzipan Berry Muffins With Coconut Whipped Cream Flourless Paleo Chocolate Muffins With Coconut Whipped Cream Sweat Paleo Caramel Apple Muffins Paleo Mug Cakes With Hot Fudge Sauce Easy Done In 3 Minutes Paleo Pineapple Ginger Passionfruit Cupcakes For Lovers Paleo Pink Champagne Cupcakes Gooley Paleo Ferrero Book 2 Paleo Is Like You [30-Minute Paleo Dessert Recipes](#) Louise Hendon,2013-12-12 Delicious Paleo Desserts Unlike Any Other Paleo Cookbook In less than 10 minutes after opening this Paleo cookbook you could be eating the best Paleo banana bread ever More importantly though you can nourish your body and feel good about eating these Paleo desserts Sticking to a Paleo diet and giving up foods that you ve eaten all your life is not easy You can no longer just walk into a bakery or grocery store and buy desserts or cookies or pastries There are no pre packaged Paleo cake mixes

You want to stay Paleo and you want to get healthier but you shouldn't have to be in the kitchen for hours or else deprive yourself completely. Don't Cheat These Paleo Recipes are Twice as Yummy. Grocery stores and food companies aren't looking out for you. They want to sell you the cheapest junk food that will taste good but make you feel terrible. I know I've been there. When I first went Paleo I'd give in to temptation all the time. Every afternoon I'd walk through Walgreens blindly hoping to find gluten free and Paleo desserts to eat. After 20 minutes of useless searching I'd usually end up buying some random treat that was completely non-Paleo. I would tell myself that I would only eat one cookie but while sitting in my office for the next couple hours I wouldn't stop until the entire packet was gone. It's hardly surprising that I felt tired, grumpy, and bloated for days afterward. Giving in to temptation certainly didn't help me lose weight either. And worst of all I'd end up wanting to eat even more junk. You Have a Choice Eat Better Paleo Desserts. It's taken me years to figure out how to escape that vicious cycle I started by learning to make Paleo desserts and treats that were both delicious and made me feel better. It took me a long time though to figure out exactly which Paleo ingredients actually worked well as substitutes. There weren't many Paleo cookbooks back then. I went through a LOT of experimentation and a LOT of taste testing, always the fun part. Most importantly though I perfected all of my Paleo recipes so that they're super fast, use easy to find common Paleo ingredients, are low in Paleo sugars, and still taste absolutely amazing. In fact that's what I have blogged about for years at AncestralChef.com where you can find a ton of comments from happy Paleo dieters. I've spent the time and effort over the years figuring everything out and perfecting these desserts, which is why I'm sure you'll enjoy these 30-minute Paleo dessert recipes. A Paleo Desserts Cookbook for Convenience, Health, Yumminess, and Less Money. Here's the way I look at it: You'll never again need to spend \$3 on a brownie at the coffee shop or \$5 on a pack of cookies at the store. Instead, for instance, this Paleo recipe book is going to show you how to make 12 amazing Paleo chocolate brownies in under 30 minutes, how to make a batch of Paleo butter cookies in less than 20 minutes, and other Paleo recipes in less than 5 minutes. I know finding Paleo ingredients can sometimes be tough, which is why I've done 2 things for you in this Paleo cookbook. First, I use only the most common Paleo ingredients, and secondly, I've included an entire chapter on how to create your own ingredients. There's even a metric conversion chart for those unused to the US system. Get this Paleo Recipe Book Now. Stop eating junk and start feeling great. Pick up a copy of 30 Minute Paleo Dessert Recipes today and please let me know which recipe is your favorite.

Purely Paleo Desserts Julie Anderson, 2018-02-28. THIS PALEO DESSERT COOKBOOK HAS A VARIETY OF HEALTHY AND DELICIOUS DESSERT RECIPES FOR THE PALEOLITHIC DIET. Get this Paleo Dessert Cookbook for a limited time discount 40% off. From my home to yours. Please enjoy my favorite collection of over 100 Paleo Diet Dessert recipes including cakes, cookie cheesecakes, bars, bites, chocolate bar imitations, Smoothies, ice cream, crumbles, and pies. When you are following the Paleo Diet, you can eat anything we could hunt or gather way back in the day: things like meats, fish, nuts, leafy greens, regional veggies, and seeds. Also allowed is maple syrup and honey, and my favorite COCONUT. It is a diet that is dairy free, gluten free.

and also free of all refined and added sugars which makes it a great diet for losing weight as well as perfect for people suffering from allergies or intolerances A Paleo Diet vegan diet can sometimes be overwhelming and confusing we will break it down for you and make it fun and easy for you to follow these ingredients This recipe book is organized and simple to read which will help any novice chefs out there get started with the fun of making paleo desserts Guaranteed Value

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