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The Ultimate Paleo Desserts: Satisfy Your Sweet Tooth With Over 100 Quick And Easy Paleo Dessert Recipes And Paleo Baking Recipes



Synopsis

Delicious Sweets Without the Guilt Delicious sweets like cake, candy, chocolate and ice cream are hard to resist and, at the same time, disastrous to our waistline. Why are the foods that taste so divine also forbidden when it comes to optimal health? You can't resist the sweetness and the goodness of those mouth watering delicious desserts and yet, you don't want the possibility of acquiring the side effects because of them. Perhaps you are on a sugar detox and you need alternate ideas for dessert without all the refined sugar. Reconcile great desserts and great health with Paleo desserts! There are 100 tasty and easy to make healthy desserts in this book. Have your cake (plus other delectable sweets) and eat it too, without worries! There's no need to deprive yourself from delicious desserts and treats. Instead, you need to get creative and explore alternate ways to satisfy your sweet tooth. Prepare these delectable desserts that would impress your family and friends. The kids can have fun too with easy to do recipes that allow them to design or make their own desserts! Here Is A Preview Of What You'll Learn... The Brief History of Paleo Diet
Chocolate-iest desserts â€” no bake
Drinks for desserts â€” smoothies and shakes
Baked chocolate goodness
Kids at work â€” Paleo dessert recipes they can make
Other goodies for you
Download your copy today! Satisfy your cravings and still be healthy! Order now and start enjoying these desserts with prehistoric, healthy ingredients!

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Customer Reviews

Recipes sound good but instructions are poorly written. Like for macaroons, "place the mixture on parchment lined baking pan". Then "drizzle chocolate over macaroons". So, does the reader cut the

cooked slab, or should the mixture be dropped by spoonfuls or roll into balls onto the parchment lined pan? Many recipe instructions are written poorly / incomplete. Nevertheless, I look forward to trying some of them. The book was a free kindle download when I got it.

If you want chocolate recipes this would be a good book, but there are only a few recipes that aren't chocolate. Unfortunately this cook book had very little variety.

Now that I have this new book by Emma Rose, staying on-track with paleo is now much easier for me. Her book has some really great sugar free, gluten free, low carb options for desserts - so I can now enjoy desserts much more - without tons of calories. Jake

I was looking for an ideal dessert to surprise my mum on her birthday and got down to reading some recipes across the net. That was the time I came across Paleo desserts. The best part about their methods is that they are short and crisp and are easily manageable even by beginners like me. Chocolates being an all time favorite of women, the book was like a boon to me since it mostly had chocolate dessert recipes. I tried the choco fudge and it tasted pretty well for my debut feat. It brought a smile on mum's face. What more I could ask for!

There are time I want to eat chocolates or sweet foods especially when I'm stress with my work. While reading this book, it add a knowledge on my learnings why desserts many of my friends also craves sweet foods especially chocolate in times of stressful moments of life. The free recipes that's also included in this book is also good, and I know would also be helpful to other readers who also wants to have their home-based sweetness. I guess it is worth try on this desserts.

It's not often one can say that they ate their cake and still had it. But with the Paleo Diet Desserts by Emma Rose, that's exactly what you'll find after reading it. The recipes I have to say are perfect. The author certainly has had experience with the effect of very sweet desserts prevalent in the market today. Chocolate is my favorite dessert and I found the Brownie magic and the 3 C's dessert. I highly recommend this book to anyone looking for something different.

Great product, great service

Great simple recipes! If you're looking for a gourmet cookbook, this might not be the right choice.

But if you want easy, simple, quick recipes for yourself and your family, you'll find plenty in this book. And the kids can even help you make some of them! Great book for busy moms who want to stick to the Paleo diet or just want some new and healthy dessert recipes.

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