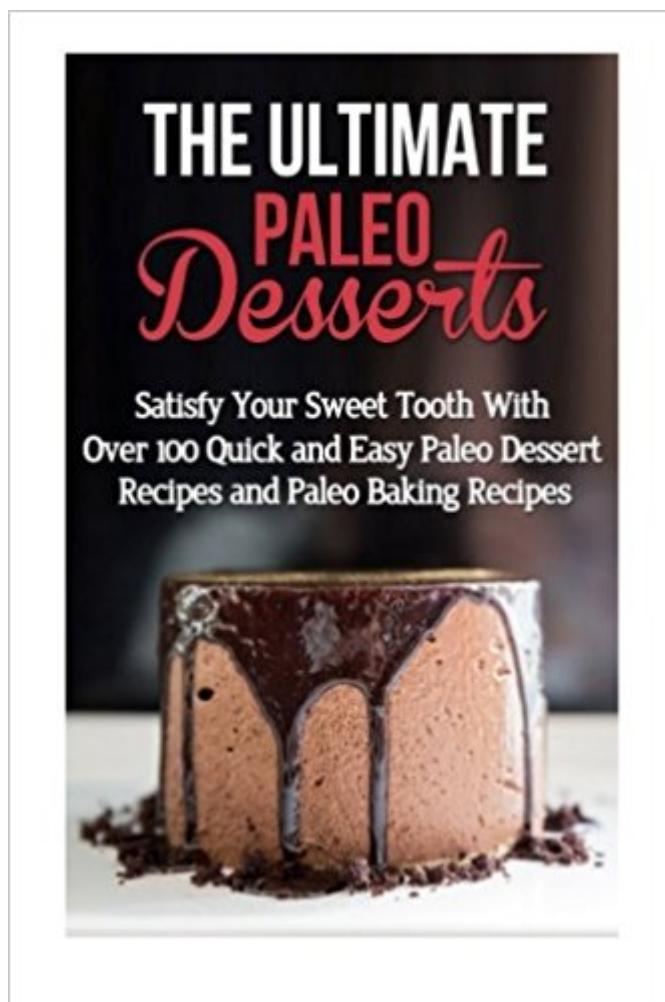


The book was found

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 DietChocolat-iest desserts â€“ no bakeDrinks for desserts â€“ smoothies and shakesBaked chocolate goodnessKids at work â€“ Paleo dessert recipes they can makeOther 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!

Book Information

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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 times I want to eat chocolates or sweet foods especially when I'm stressed with my work. While reading this book, it adds 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 trying on these 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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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) The Ultimate Paleo Desserts: Satisfy Your Sweet Tooth With Over 100 Quick and Easy Paleo Dessert Recipes and Paleo Baking Recipes Baking: 1001 Best Baking Recipes of All Time (Baking Cookbooks, Baking Recipes, Baking Books, Baking Bible, Baking Basics, Desserts, Bread, Cakes, Chocolate, Cookies, Muffin, Pastry and More) 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) 30 Delicious Microwave Desserts: Get Quick & Easy Recipes to Satisfy Your Sweet Tooth from Simple Microwave Desserts Cookbook The Everyday Paleo Slow Cooker: 100+ Quick and Easy Paleo Slow Cooker Recipes for Busy People (paleo diet, paleo, paleo solution, paleo diet cookbook, paleo books, paleo ebooks, paleo diet kindle) 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) French Desserts: The Art of French Desserts: The Very Best Traditional French Desserts & Pastries Cookbook (French Dessert Recipes, French Pastry Recipes, French Desserts Cookbook) Yonanas: Frozen Healthy Dessert Maker Cookbook: (121 Easy Unique Frozen Treats and Alcoholic Desserts, Including Non-Dessert Recipes Like Mashed Potatoes, ... (Healthy Frozen Dessert Recipes) Paleo Recipes for Rapid Weight Loss: 50 Delicious, Quick & Easy Recipes to Help Melt Your Damn Stubborn Fat Away! (Paleo Recipes, Paleo, Paleo ... Paleo Recipe Book, Paleo Cookbook) (Volume 1) The Biggest Loser Dessert Cookbook: More than 80 Healthy Treats That Satisfy Your Sweet Tooth without Breaking Your Calorie Budget Paleo: Paleo Slow Cooker Cookbook: Top 80 Paleo Recipes - Easy, Delicious and Nutritious Paleo Diet Cooking (FREE BONUS) (Paleo Crockpot, Paleo Baking, Whole Food) The Ultimate Guide to Candy Making: Over 25 Candy Recipes to Satisfy Your Sweet Tooth 30 Delicious Sweet Potato Recipes â “ Tasty and Healthy Sweet Potato Recipes (The Ultimate Sweet Potato Cookbook Including Recipes For Sweet Potato Soup, ... Salad, Sweet Potato Souffle and More 1) Paleo Diet for Beginners: Lose Weight and Start Living the Paleo Lifestyle. Easy Paleo Diet Recipes for Weight Loss(paleo books, Paleo Diet, Paleo Diet ... diet, living paleo for dummies Book 2) Paleo: A Simple Start To The 14-Day Paleo Diet Plan For Beginners(paleo books, Paleo Diet, Paleo Diet For Beginners, Paleo Diet

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