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## Paleo Desserts: Mouth Watering, Indulgent, and Easy to Make Paleo Desserts for Losing Weight, Feeling Great, and Satisfying Your Primal Cravings (Paperback)

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By Jamie Wright

Createspace, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.People who make the switch to the paleo diet are always amazed by the easy weight loss, increased energy and focus, and vibrant health they experience. But many are worried that in order to maintain all of these incredible health benefits, they ll have to give up their favorite sugary, indulgent desserts. Luckily, it doesn t have to be that way; you can have all the amazing benefits of the paleo diet, and still enjoy incredible, flavorful, positively decadent desserts! In Paleo Desserts, you ll learn how to indulge yourself the healthy way with amazing paleo deserts like. - Dark Chocolate Cranberry Bark - Blackberry Peach Cobbler - Mocha Brownies - Candied Pecans - Mint Chocolate Chip Truffles - Apple Cinnamon Custard - Chocolate Brownie Chunk Ice Cream .and more. All the recipes in Paleo Desserts are paleo/primal friendly, completely free from grains, gluten, soy, legumes, and refined sugars, and made with real, whole foods. Even better, they re also easy to make, require no special equipment, and are absolutely delicious! So if you re looking for healthy, easy to prepare desserts that...



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