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Paleo Desserts Recipes - 50 Grain-Free, Low Carb, Gluten-Free Dessert Recipes

By Kristina Newman

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.DISCOVER THESE AMAZINGLY DELICIOUS PALEO DESSERT RECIPES TODAY! Let's face it - even the best of us have a sweet tooth sometimes. It's hard not to LOVE dessert!! The Paleo diet which bans dairy, processed foods, and grains seems like a dessert lover's nightmare. Butter, sugar, and flour are practically prerequisites for satisfying sweets, right? WRONG! Never fear - you don't have to go cold turkey on dessert and never enjoy it again. Don't stress, we've got you covered. We've included some of the best Paleo-friendly desserts to satisfy your prehistoric sweet tooth. The Paleo dessert recipes included in this book combine grain-free, nutrient-dense flours with natural sugars and dairy-free milk alternatives to create healthier -- but still delicious desserts! -- Check these out, have fun, and indulge. These desserts are so tasty, you'll want to eat at least one daily. INSIDE THIS RECIPE BOOK you will get recipes covering everything from Brownies, Cake, Cupcakes, Cheesecake and MORE!.



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