

Sweet Paleo: Gluten-Free, Grain-Free Delights PDF



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Sweet Paleo: Gluten-Free, Grain-Free Delights by Lea Valle ISBN 1581572778

A perfect introduction to the joys of paleo baking.

Whether you are gluten-free, living the Paleo or Primal lifestyle, or simply love gourmet-quality food, in **Sweet Paleo** you will discover delectable breakfast and dessert recipes made with nutrient-dense ingredients. From simple creations like Chocolate Chip Cookies and Pancakes to sophisticated offerings such as dairy-free Crème Brûlée or a perfect grain- and dairy-free Tiramisu', the wide range of delights in this book is sure to satisfy your cravings no matter the occasion or your dietary requirements. With more than 90 recipes, **Sweet Paleo** will guide you through the use of grain-free flours, dairy-free alternatives, and unrefined sweeteners so that you can have your gluten-free cake and eat it too.

Inside **Sweet Paleo** you will find:

- Over 90 recipes - all free of gluten, grains, legumes and refined sugars
- Most recipes are dairy-free or have dairy-free options
- Plenty of egg-free and nut-free choices
- Recipes high in protein, fiber and good fats
- Mix-and-match options for dozens of possible combinations
- Overview of Paleo basics
- Grain-free cooking and baking guide
- Detailed key ingredient descriptions
- Substitutions, tips and tutorials
- Full-page color photographs throughout

You will want to try all the recipes, including:

Candied Blood Orange Tart, Cinnamon Cheesecake Bites, Raspberry Coconut Macaroons, Chocolate Paleo Birthday Cake (nut-free), Pecan Praline Cheesecake (dairy-free), Madeleines, Linzer Cookies, Crepes, Cherry Clafoutis, Chocolate Pistachio Biscotti and much, much more.

Sweet Paleo: Gluten-Free, Grain-Free Delights Review

This Sweet Paleo: Gluten-Free, Grain-Free Delights book is not really ordinary book, you have it then the world is in your hands. The benefit you get by reading this book is actually information inside this reserve incredible fresh, you will get information which is getting deeper an individual read a lot of information you will get. This kind of Sweet Paleo: Gluten-Free, Grain-Free Delights without we recognize teach the one who looking at it become critical in imagining and analyzing. Don't be worry Sweet Paleo: Gluten-Free, Grain-Free Delights can bring any time you are and not make your tote space or bookshelves' grow to be full because you can have it inside your lovely laptop even cell phone. This Sweet Paleo: Gluten-Free, Grain-Free Delights having great arrangement in word and layout, so you will not really feel uninterested in reading.