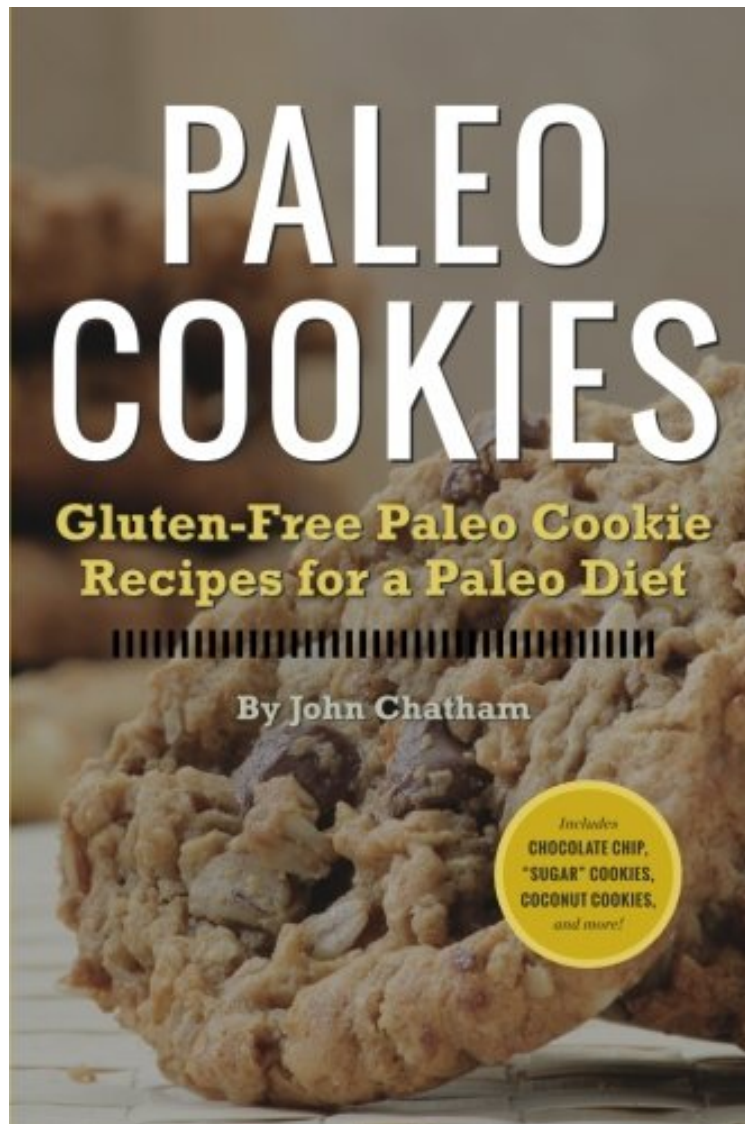


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Paleo Cookies: Gluten-Free Paleo Cookie Recipes for a Paleo Diet

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John Chatham : Paleo Cookies: Gluten-Free Paleo Cookie Recipes for a Paleo Diet before purchasing it in order to gage whether or not it would be worth my time, and all praised Paleo Cookies: Gluten-Free Paleo Cookie Recipes for a Paleo Diet:

9 of 9 people found the following review helpful. Great addition to any baker's library! By A. M. Smith Chatham's latest cookbook offers a variety of delectable dessert recipes for those following the Paleo Diet, suffering from celiac disease, or just wanting to try healthier baking recipes. The book offers twists on beloved classics, such as chocolate chip cookies and whoopie pies, as well as some interesting new recipes, including lemon-lavender tea cookies and

peppermint meringues. The best part is that while these treats taste like decadent desserts, they are actually made with healthy, unprocessed ingredients. In addition to offering numerous gluten-free indulgences, the second half of the book provides the history and guidelines of the Paleo diet. Chatham also discusses the dangers of gluten, which causes nutrition absorption malfunction, food addictions, allergic reactions, and many other conditions. The cookbook concludes with a Resources section that lists the alternative ingredients for Baking Paleo, as well a list of online stores and grocery stores to find the ingredients. As a Paleo baking novice, I found this to be particularly helpful because I can easily reference the book to find the best ingredients. 10 of 10 people found the following review helpful. OH HEAVENS By RIVER Well I've purchased the book folks, read it, and today did taste test No.1 chocolate chip cookies :) They are absolutely delicious my daughter who goes Paleo my foot, just ate four of them :(on to another batch if I want some of these little critters, they are just delicious. Well written, easy, just keep an eye on cooking times my batch took a little longer to cook, and I found I managed 9 not twelve cookies but next time I will just make a double quantity of the recipe book - well done to the author and thank you, I am not a big sweet eater but my husband is so I am pleased to serve him healthy treats. 6 of 6 people found the following review helpful. Now I don't have to give up my sweet tooth By Christina Anderson I have coeliac disease of my small intestines and I can't have any wheat or flour. I have a major sweet tooth and I don't want to give up the deserts that I love so much. My favorite deserts are chocolate chip cookies and brownies. A friend of mine referred me to this book to help me out and I have to say it is the best discovery that I have made. The book has all kinds of receipts from cookies to green tea shortbread. What I really like about the book is section 2. They tell us what the basics of the paleo diet are. They cover the benefits to educating us about what the trouble with gluten can be for you. It has a basic food guide with lots of resources. When I first purchased the book I went straight to the store and bought the ingredients for the chocolate chip cookies and brownies. They tasted better than the deserts I was used to. If you love deserts like I do, this book will be a great added piece to your recipes that you have.

From the Publisher of New York Times Bestsellers Paleo Slow Cooker and Paleo for Every Day