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## **Paleo Dessert Recipes: The Simple Guide to Cakes, Pies, Muffins and More (Easy Recipes)**

*Beatrice Baker*

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#1751156 in Books 2013-12-05 Original language: English 9.00 x .14 x 6.00l, #File Name: 149436236860 pages | File size: 39.Mb

**Beatrice Baker : Paleo Dessert Recipes: The Simple Guide to Cakes, Pies, Muffins and More (Easy Recipes)** before purchasing it in order to gage whether or not it would be worth my time, and all praised Paleo Dessert Recipes: The Simple Guide to Cakes, Pies, Muffins and More (Easy Recipes):

2 of 2 people found the following review helpful. "25 DELICIOUS RECIPES, HELPFUL TIPS, AND INFORMATION ON THE PALEO LIFESTYLE!" By Author/Reviewer Geri Ahearn This amazing cookbook begins

with an important Introduction that explains the Paleo lifestyle, and all the advantages of changing your lifestyle to Paleo. The benefits explained for the healthy diet includes: Better Athletic Performance; Lower Risk Of Heart Disease; lower Blood Pressure; Anti-inflammatory; Weight Loss; Muscle Growth; and several other benefits. In addition, this inspiring cookbook explains why we are not missing out; why this diet works; why our cravings are satisfied; and the success of ditching refined sugar in favor of natural sweeteners. The benefits of Paleo desserts also explains that it has been proven that you can have your cake, and eat it too. There are 25 mouth-watering recipes, and Kitchen Essentials tells us what we need, such as Sharp Knives, Loaf Pans, A Timer, Wooden Spoons, etc. Included are Recipes for Cupcakes; Pies; Bread; Frosting; Fillings; Muffins; Puddings; and Tarts. The number of servings is included per recipe, as well as nutritional info, including calories. We made the "Cheesecake Cupcakes" which also provided the ingredients for the crust and filling. They were very tasty. One of the Cake recipes include Decadent Frosted Chocolate Layer Cake, which is my daughter's next choice. Some of the Bread recipes include Best Banana; Cinnamon; Fruit And Nut Loaf; Nutty Cranberry Seed Loaf; and more. We love home-made bread, and can't wait to try these recipes. Some of the Muffin recipes include Blueberry; Strawberry; Lemon Poppy Seed; and more. We selected the Berry Crumble Pie as my next pick, and will leave updates with new recipes we make. The Conclusion explains how Paleo can change your life. I am thrilled that this valuable, delightful cookbook provided so much for only \$1.06 in my purchase. What a great way to start the New Year. I will be sharing these recipes with friends, and family. Highly recommended!

0 of 0 people found the following review helpful. Ho HumBy Elayne LofthouseDisappointed in the recipes. I was hoping for something with healthier ingredients. As far as the human body is concerned sugar is sugar no matter the source. 1 of 1 people found the following review helpful. YumBy Katherine Edwins SchummI think the way to lose weight is to read cook books. Right? I think I gained a few pounds reading through these but then again I guess I had better get on the program to see a difference.

Paleo and gluten free desserts You're looking for a better way to eat and are afraid you'll have to give up taste. When you follow these recipes, you won't sacrifice taste and you'll be able to follow your paleo diet while doing it. These delicious recipes are so tasty, your friends won't even look at you funny when you share it with them. What you'll find inside 25 delicious paleo dessert recipes Cakes, muffins, dessert breads, pies and puddings Explanation and introduction to paleo Nutrition facts for each recipe Serving sizes No exotic ingredients, only common ones found at stores you already shop at Organized by category Clickable table of contents is at the top if book to help you find things quickly.