

[Download] Paleo Diet For Beginners : Top 30 Paleo Cookie Recipes Revealed! (The Blokehead Success Series)

Paleo Diet For Beginners : Top 30 Paleo Cookie Recipes Revealed! (The Blokehead Success Series)

The Blokehead

*audiobook / *ebooks / Download PDF / ePub / DOC*



 [Download](#)

 [Read Online](#)

2014-12-13Original language:English 9.00 x .27 x 6.00l, #File Name: 150552850X118 pages | File size: 79.Mb

The Blokehead : Paleo Diet For Beginners : Top 30 Paleo Cookie Recipes Revealed! (The Blokehead Success Series) before purchasing it in order to gage whether or not it would be worth my time, and all praised Paleo Diet For Beginners : Top 30 Paleo Cookie Recipes Revealed! (The Blokehead Success Series):

Cookie Dough Bites Ingredients 1/2 cup coconut oil 1/2 cup coconut milk 1/4 teaspoon vanilla extract 1/2 teaspoon + 1/4 teaspoon raw honey 1/2 cup almond flour 3 tablespoons chocolate chips, plus more for drizzling Instructions 1. Whisk together the coconut oil, coconut milk, vanilla and honey 2. Using a rubber spatula, gently mix in the almond flour until ingredients are combined. Be careful not to over mix or the batter will become oily. 3. Fold in the chocolate chips and refrigerate the dough for about 30 minutes 4. Roll chilled dough into balls and place on a cookie sheet lined with parchment paper 5. Melt chocolate chips in a double boiler over simmering water 6. Drizzle chocolate over each cookie dough bite

About the Author The Blokehead is an extensive series of instructional/how to books which are intended to present quick and easy to use guides for readers