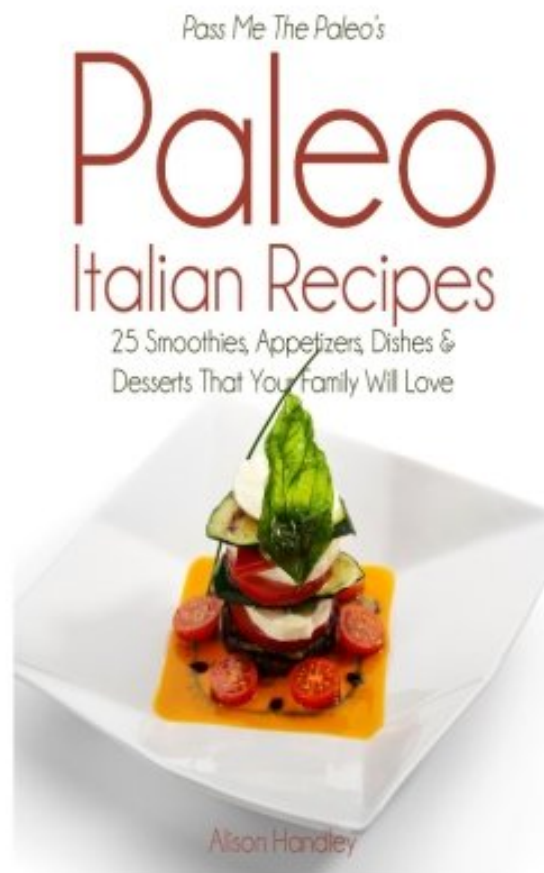


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## **Pass Me The Paleo's Paleo Italian Recipes: 25 Smoothies, Appetizers, Dishes and Desserts That Your Family Will Love**

*Alison Handley*

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**Alison Handley : Pass Me The Paleo's Paleo Italian Recipes: 25 Smoothies, Appetizers, Dishes and Desserts That Your Family Will Love** before purchasing it in order to gage whether or not it would be worth my time, and all praised Pass Me The Paleo's Paleo Italian Recipes: 25 Smoothies, Appetizers, Dishes and Desserts That Your Family Will Love:

1 of 1 people found the following review helpful. More goodness  
By Carol Kay  
The Pass Me the Paleo series has been a great way to savor the best of this popular diet regime. Now you can enjoy Italianmdash;who knewmdash;and stay on track. Yes, it is healthy and you can partake of various lean meats, fish and chicken; a glass of red wine; and fruits and veggies. Just make sure you shun dairy, wheat, grains, and additives. Say yes to nuts, seeds, olive oil, spices and fresh herbs. There is a lot of flavor here including gelato, gluten-free pasta, green smoothies, and more. Paleo-friendly doesn't have to mean tasteless. The eggplant dip is testimony to this fact.  
0 of 0 people found the following review helpful. Missing Italian food? Get this  
By Jeffrey  
I bought this book because I miss Italian food living a low carb lifestyle. For a long time I craved Italian food and when switching to a Paleo lifestyle the Italian food was missed dearly because all of the recipes I knew used gluten pasta! Now with this great cookbook you can enjoy delicious Italian food once more!  
I've traveled in numerous regions of Italy so I have a decent idea of what good Italian food tastes like. This book does exactly what the author sets out to do- brings together classic Italian recipes and a paleo lifestyle.  
The food is truly delicious. I never knew Paleo could be this good.  
If you are looking for a great paleo cookbook get this book! There are some great recipes in here.  
0 of 0 people found the following review helpful. Eat slow, use small plates, and mangia!  
By NoneYa  
The servings are a little small, but the taste is AMAZEBALLS! And the recipes are easy. I just have to banish basil, oregano, rosemary, thyme, sage, etc. due to allergies, but I have done that for years.

Pass Me The Paleo's Paleo Italian Recipes: 25 Smoothies, Appetizers, Dishes and Desserts That Your Family Will Love! The Paleo Lifestyle is becoming extremely popular, but what about those great Italian dishes you have to give up? In this book, we prove that YOU DON'T HAVE TO! This book includes loads of great Paleo friendly Italian dishes that are Tasty AND Healthy! What more could you ask for as it pertains to the health of you and your family? Here are all the great recipes you will enjoy  
Some easy green smoothies  
Spinach and Blueberry Smoothie  
Orange, Kale and Berry Smoothie  
Cherry and Cinnamon Smoothie  
Avocado, Kale and Lemon Smoothie  
Plum and Bok Choy Smoothie  
Selection of Mediterranean Style Antipasta Platters  
Stuffed Mushrooms and Meat Platter  
Beetroot and Dill Salad  
Medley of Brussels sprouts and Cauliflower Florets  
Basic Italian Tomato Salad  
Zesty Zingy Fat Free Dressing  
Kale and Squash Pancakes  
Paleo Friendly Bread Sticks  
Paleo Tagliatelle with Chili and Garlic Sauce  
Noodles in Tomatoes and Tuna Sauce  
Aubergine or Eggplant Dip  
Thyme and Sea Salt Almonds  
Towers of Aubergine and Tomato  
Roasted Asparagus with Lemon, Basil and Almond Sauce  
Wild Calamari in Coconut Flour  
Ginger, Garlic and Chili Prawn Skewers  
Store Cupboard Tomato Sauce  
Desserts  
No Cook Sweet Squares  
Cherry and Banana Pancakes  
The Pancake Batter Medley of Fruits  
Accompanied by a Sauce  
Raw Almond, Pistachio and Avocado Ice-Cream  
Munchy Apricot Bars