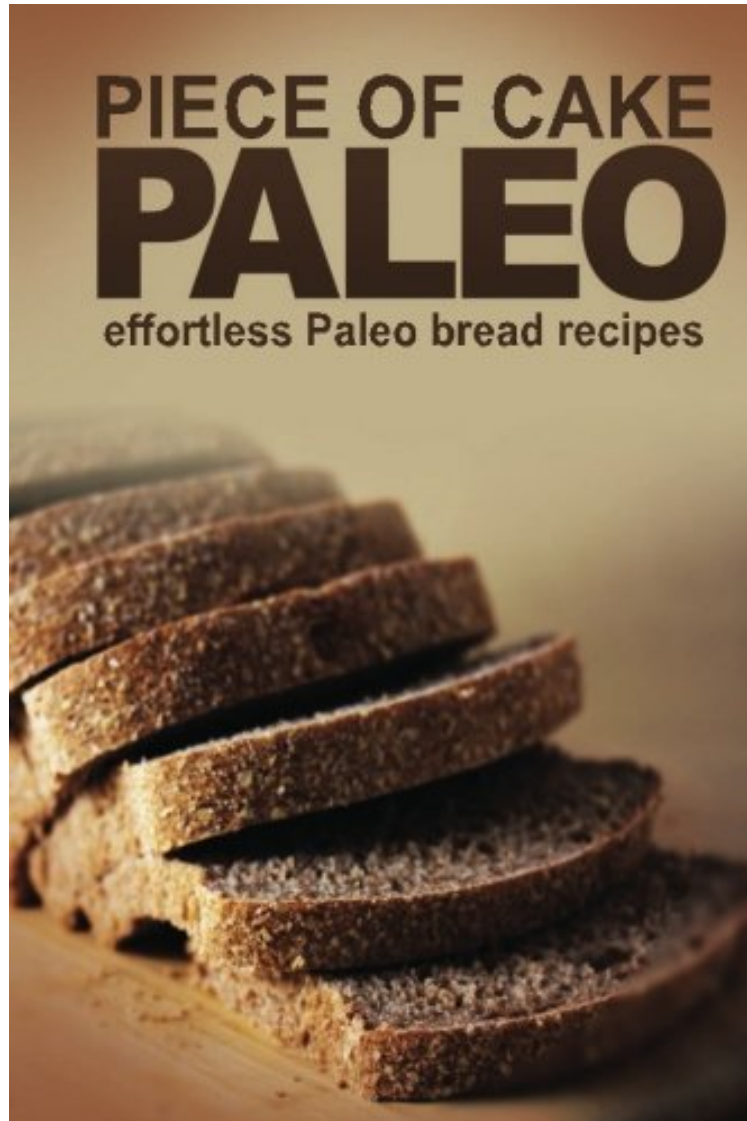


(Mobile book) Piece of Cake Paleo - Effortless Paleo Bread Recipes

Piece of Cake Paleo - Effortless Paleo Bread Recipes

Jack Roberts

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Jack Roberts : Piece of Cake Paleo - Effortless Paleo Bread Recipes before purchasing it in order to gage whether or not it would be worth my time, and all praised Piece of Cake Paleo - Effortless Paleo Bread Recipes:

36 of 36 people found the following review helpful. needed a proof readerBy Oona EvergreenSan Francisco
Sourdough recipe:Preheat oven to 325 degrees. You're given ingredients for an egg wash, but nowhere in the recipe does it say when/how to do the egg wash. Then, "bake on center rack for 40 minutes at 300. Kick it up to 400 to finish."So do I start at 300, or 325?Fig Flats Recipe:Says to preheat oven to 350 degrees and lightly oil 2 nine-inch cake pans. Then the ingredients are listed, and you mix everything and chill the dough in the fridge. Then you're told

to "take out and roll then flatten. Lace with oil of choice and place in oven on baking sheet at 450 degrees." Wait - is it 350, or 450 degrees? That's a huge difference!! And do I bake them on a baking sheet or in the cake pans? Beet Sweet Purple Bread: Ingredients include 1/2 cup beet juice, and 1/4 cup apple shreds. Instructions mention whisking "beet shreds" with dry ingredients. - I thought it was beet *juice* and apple *shreds*? Chocolate Green Tea Pistachio Bread: Calls for 1/4 cup green tea. Just to be clear- is that brewed, or just the dry leaves? I'm assuming it's brewed, but it'd be nice if you had specified exactly. And the Spinach Pecan Naan was so incredibly salty that my family refused to eat it as-is. We smothered them in honey to choke them down. Next time I'm going to leave out the salt entirely. And if you're going to tell people to whisk all the dry ingredients together and set aside, then mix all the wet ingredients in a separate bowl, it'd be nice if all the dry ingredients were listed together first, followed by all the wet ingredients listed together second.

0 of 0 people found the following review helpful. Paleo Bread Recipes By Angela I have been baking paleo breads and desserts for about 5 years and so I have a moderate level of experience with these types of recipes and ingredients. With that said, I didn't even attempt a single recipe in this book. When I read through the recipes and saw how much coconut flour the author calls for I knew they not only wouldn't be good, but some of them may be inedible which is a huge waste of time and money (especially considering the cost of these ingredients). That seems like a rookie mistake and not the work of an experienced paleo cookbook author who has rigorously tested his recipes. I'm sorry to leave a bad review, but it's not worth the money. I gave it 2 stars bc at least I was entertained by the author's humor as I read through the recipes.

1 of 1 people found the following review helpful. great book By april The books of this author has a lot of yummy recipes. I like mostly the bread recipes, which it happens to be the staple I miss the most. What I dislike a little bit about this book, is that sometimes the recipes are a little confusing. If you are a baker you can use some common sense or try and taste. I bought this book because I loved the sourdough recipe! Great options and not too many ingredients. Love it and highly recommend it! Can't wait to try all the recipes!!

Piece of Cake Paleo is THE cookbook series for Paleo baking. Are you finding it painfully difficult to keep yourself from reaching for the breads and flats? Clueless and overwhelmed when asked to make "real" food that's actually tasty? Humiliated because nobody wants to eat what you make? Sick and tired of always feeling hungry? Dreading the "tasty treats" restrictions placed on you? Loath the world as you watch them indulge in tasty desserts? Ever feel helpless and misunderstood when trying to justify your "boring" cooking concoctions? Ever feel like this so-called healthy eating Paleo lifestyle is actually making your life miserable? Well now we have Effortless Paleo Bread Recipes! The purpose of this book is to: - Provide genuine, easy, quick, and delicious recipes for people who don't have a lot of time to be in the kitchen - Make the Paleo diet easy for ANYONE to follow by providing substitutes for your favorite bread loaves and flatbreads - Provide amazing bread recipes so you'll never have to kick yourself after answering to your 'bread calling' again - Provide recipes for any occasion. Whether you're holding a dinner party for you and your friends, craving a sandwich for lunch, or craving sweet breads for dessert And since you're following the Paleo diet, you'll also experience: - Weight loss - Increased energy levels - Better sleeps at night - Less depression and anxiety - A healthier body and a healthier mind