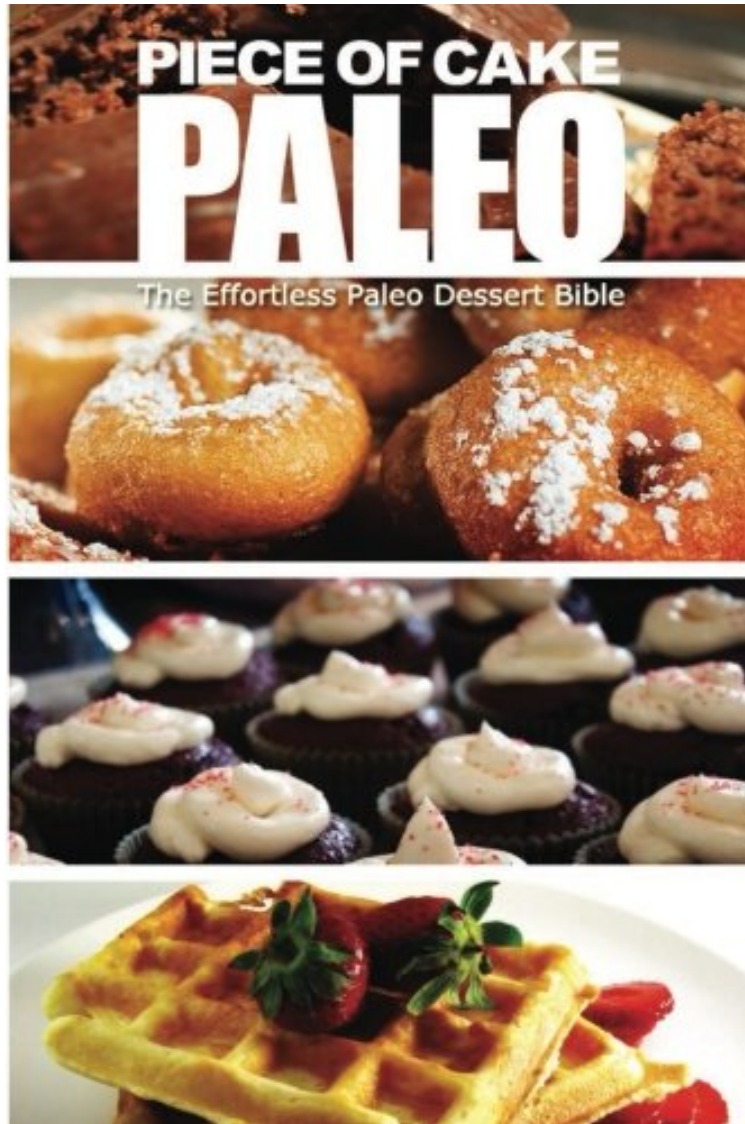


(Free pdf) Piece of Cake Paleo - The Effortless Paleo Dessert Bible

## Piece of Cake Paleo - The Effortless Paleo Dessert Bible

*Jack Roberts*

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

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variety of which are quite sufficient. interestingly the authors commentary for each recipe is generally entertaining

Piece of Cake Paleo is THE cookbook for baking while following the Paleo diet. Are you finding it painfully difficult to keep yourself from reaching for the cakes and cookies? 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 the Effortless Paleo Dessert Bible! 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 foods (think cookies, cakes, sweet breads, and more) - Provide amazing dessert recipes so you'll never have to kick yourself after answering to your sweet tooth again - Provide recipes for any occasion. Whether you're holding a dinner party for you and your friends, or simply catering to your sweet tooth after a savory meal. 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