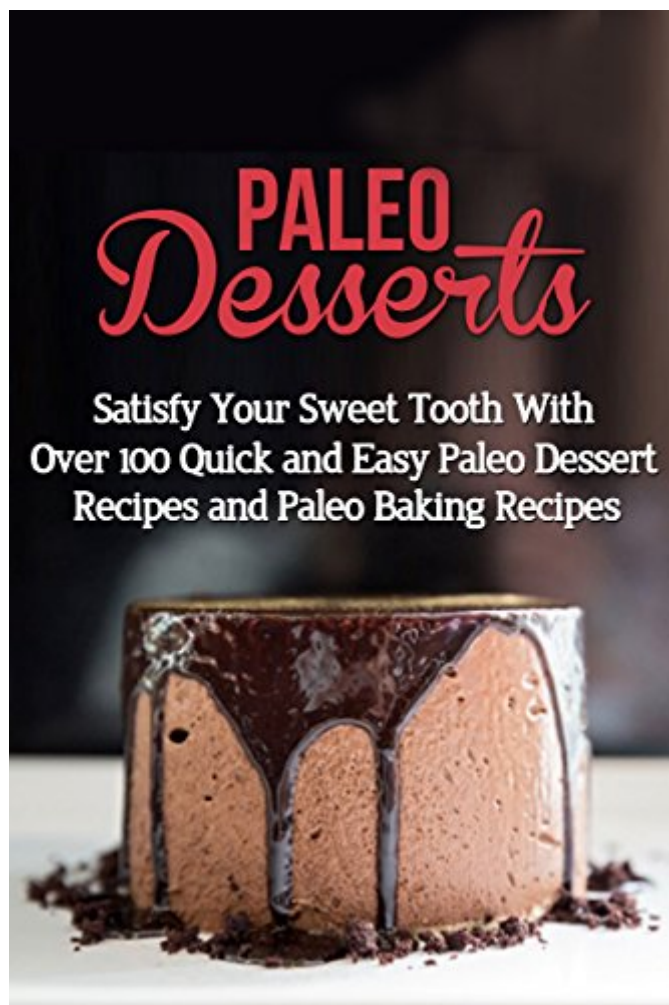


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# **Paleo Desserts: Satisfy Your Sweet Tooth With Over 100 Quick And Easy Paleo Dessert Recipes & Paleo Diet Baking Recipes (gluten Free, Lose Belly Fat, Paleo ... Diet Desserts, Paleo Diet, Wheat Free)**





## Synopsis

Delicious Sweets Without the Guilt...Paleo Desserts! Do people often joke about your sweet tooth? Do you find yourself using liberal amounts of sugar to coat everything? Can you not resist walking past the sweet aisle? All of us have sugar cravings every now and then but when they get out of hand it can actually cause a lot of damage to our health. From tooth decay to weight gain and diabetes it is easy to suddenly fall prey to the ill effects of sugar cravings. What can be done then? This guide will not try to deprive you of that sugar rush but simply show you great tasting alternatives to stop your cravings. Paleo desserts throw out all of those manmade additives and shows you how to replace them with healthier, natural alternatives. The guide includes a plethora of healthy, alternative desserts you can make at home without sacrificing any of the taste. Becoming healthier never tasted better. Delicious sweets like cake, candy, chocolate and ice cream are hard to resist and, at the same time, disastrous to our waistline. Why are the foods that taste so divine also forbidden when it comes to optimal health? You can't resist the sweetness and the goodness of those mouth watering delicious desserts and yet, you don't want the possibility of acquiring the side effects because of them. Perhaps you are on a sugar detox and you need alternate ideas for dessert without all the refined sugar. Reconcile great desserts and great health with Paleo desserts! There are 100 tasty and easy to make healthy desserts in this book. Have your cake (plus other delectable sweets) and eat it too, without worries! There's no need to deprive yourself from delicious desserts and treats. Instead, you need to get creative and explore alternate ways to satisfy your sweet tooth. Prepare these delectable desserts that would impress your family and friends. The kids can have fun too with easy to do recipes that allow them to design or make their own desserts! Here Is A Preview Of What You'll Learn... The Brief History of Paleo Free Diet  
Chocolate-iest desserts " no bake Drinks for desserts " smoothies and shakes Baked chocolate goodness Kids at work " Paleo dessert recipes they can make Other goodies for you Satisfy your cravings and still be healthy! Order now and start enjoying these desserts with prehistoric, healthy ingredients! Tags: paleo diet, paleo desserts, paleo dessert, paleo diet desserts, sweets, desserts, paleo dessert recipes, paleo baking recipes, sweet tooth, baking, almond flour, coconut flour, coconut oil, chocolate, paleo cookbook, paleo smoothies, paleo recipes, paleo desserts cookbook, gluten free, gluten free baking, gluten free, lose belly fat, paleo beginners, paleo cookbook, paleo diet desserts, paleo diet, wheat free, paleo baking

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## Customer Reviews

Recipes sound good but instructions are poorly written. Like for macaroons, "place the mixture on parchment lined baking pan". Then " drizzle chocolate over macaroons". So, does the reader cut the cooked slab, or should the mixture be dropped by spoonfuls or roll into balls onto the parchment lined pan? Many recipe instructions are written poorly / incomplete. Nevertheless, I look forward to trying some of them. The book was a free kindle download when I got it.

If you want chocolate recipes this would be a good book, but there are only a few recipes that aren't chocolate. Unfortunately this cook book had very little variety.

Now that I have this new book by Emma Rose, staying on-track with paleo is now much easier for me. Her book has some really great sugar free, gluten free, low carb options for desserts - so I can now enjoy desserts much more - without tons of calories. Jake

I was looking for an ideal dessert to surprise my mum on her birthday and got down to reading some recipes across the net. That was the time I came across Paleo desserts. The best part about their methods is that they are short and crisp and are easily manageable even by beginners like me. Chocolates being an all time favorite of women, the book was like a boon to me since it mostly had chocolate dessert recipes. I tried the choco fudge and it tasted pretty well for my debut feat. It brought a smile on mum's face. What more I could ask for!

There are times I want to eat chocolates or sweet foods especially when I'm stressed with my work. While reading this book, it adds a knowledge on my learnings why desserts many of my friends also crave sweet foods especially chocolate in times of stressful moments of life. The free recipes that's also included in this book is also good, and I know would also be helpful to other readers who also want to have their home-based sweetness. I guess it is worth trying on these desserts.

It's not often one can say that they ate their cake and still had it. But with the Paleo Diet Desserts by Emma Rose, that's exactly what you'll find after reading it. The recipes I have to say are perfect. The author certainly has had experience with the effect of very sweet desserts prevalent in the market today. Chocolate is my favorite dessert and I found the Brownie magic and the 3 C's dessert. I highly recommend this book to anyone looking for something different.

Great product, great service

Great simple recipes! If you're looking for a gourmet cookbook, this might not be the right choice. But if you want easy, simple, quick recipes for yourself and your family, you'll find plenty in this book. And the kids can even help you make some of them! Great book for busy moms who want to stick to the Paleo diet or just want some new and healthy dessert recipes.

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