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Indulgent Paleofied Dessert Recipes For One Amazing Month (Family Paleo Diet Recipes, Caveman Family Favorite Book 5)

CAVEMAN FAMILY FAVORITES:
PALEOFIED
Dessert
INDULGENT PALEOFIED DESSERT RECIPES
FOR ONE AMAZING MONTH



Synopsis

Dare To Eat Dessert Every Day Of The Week Without Feeling GuiltyDessert no longer needs to be on the naughty list! When made with natural, whole foods and free of health-killers, dessert can become a regular part of your vocabulary -- without an impact on your waist line! This indulgent edition of Caveman Family Favorites has Paleofied versions of all of the most tempting desserts, like cookies, cakes, and custards. Every recipe in this book is: Gluten-free Grain-free Dairy-free Peanut-free And free from processed sugars So be a good caveman and let them eat cake! Lauren Pope will show you that dessert and healthy can go hand-in-hand. Discover how to create delicious and healthy Paleofied desserts today! Satisfy your sweet tooth and instantly download your copy now!

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Customer Reviews

Paleo made Easy and Yummy!My husband and I have both recently been diagnosed with some intestinal ailments that has led us to need to adopt of life of certain dietary restrictions. I am gluten and lactose intolerant, and my husband has leaky gut. I was told that rather than trying to blindly

figure out what foods don't have dairy, gluten or refined sugar, that I should adopt a Paleo Diet • that not only will adhere to our dietary restrictions, but the dense calorie intake from meat will also help, & heal our guts •. This journey has required a lot of sacrifice and so far we have yet to see all the rewards of our labor, I am told we will start feeling better after we have completely detoxed, which some say takes a week, others say takes six months to a year. When all is said and done, I have been aching for and craving everything I am not supposed to have • “ ice cream, cake, cookies, donut, you name it. If it has sugar, gluten and dairy in it, I want it. I found this greatly priced book on and boy has it brought back joy to eating again! These desserts are not only easy to make, but I eat them and don't feel guilty or SICK! This book has been such a god send to my sweet tooth and sensitive stomach. My personal favorite are the chocolate chip pumpkin bars! YUMMMY. If you are looking for a great introduction into the sweeter side of the Paleo lifestyle for a good price, I highly recommend this book! Disclaimer: I often depend on others leaving honest reviews when I need to order a new item and wouldn't want to be misled, so I strive for the same in leaving reviews for others. I received this item at a discount or gratis from the manufacturer or a seller, without obligation, and decided to objectively test and review it.

This calls for so many different ingredients which not many people may have on hand.

Unfortunately, my father is allergic to palm shortening and palm sugar, so we will have to find other Paleo alternatives to these ingredients. The book is set-up very nicely, and I have no quarrels with the formatting or grammar (although I have a nitpick or two); I actually quite like how informative and sequential the directions are. Let me get a bit more specific: Information Unlike the previous book I reviewed, this did not give you information overload. Simply a brief from the author about the reasons you may want to eat Paleo desserts (stress, parties, etc.) It gets a bit strange near the end or the introduction and mostly goes into a mention of blogs of people arguing what we should and should not eat in a Paleo lifestyle. (Eat the brains if you want to, I'll stick to other things.)

Recipes The recipes sound delicious, but most of them call for ingredients we don't carry in our home unfortunately, and some of them I've never actually seen before in stores. But otherwise, the recipes sound great, and none of the ingredients sound like they're bad for your body. Grammar and Formatting The grammar is odd at some points, I've only really found one error, which is in the introduction, which might just be me nitpicking (I'll challenge you to find it and leave a comment if you can! I'll give a hint, it's in the third paragraph of the introduction.) I also like the formatting, but it's fairly standard for a cookbook, but I like how it's set up. Overall, I would recommend this book to anyone looking to satisfy your Paleo sweet tooth, but beware of the mysterious ingredients; they

may not be easy to find.

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