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Paleo Sweets And Treats: Seasonally Inspired Desserts That Let You Have Your Cake And Your Paleo Lifestyle, Too



Synopsis

The Paleo diet has swept the nation as a huge nutritional and lifestyle trend that many have embraced. The question is what is the modern dessert lover to do when traditional baking ingredients such as flours, grains, dairy, and sugar are off the table? Never fear--you can have your cake and your Paleo lifestyle too! Written by Heather Connell, author of the popular blog, Multiply Delicious, Paleo Sweets and Treats shows you how to bake delicious treats using fresh, seasonal produce, natural sweeteners, and nutritionally dense, grain-free flours. You won't miss out on anything with treats such as: Dark Chocolate Pots de Crème with Roasted Cherries, Sweet Potato Tarts, Orange Pomegranate Cupcakes, and Mango Coconut Sherbert. This paleo diet dessert cookbook gives you easy-to-make indulgent treats to let you stay the Paleo course. This collection of seasonally-focused recipes gives you Paleo-friendly options for any dessert craving.

Book Information

Paperback: 176 pages

Publisher: Fair Winds Press (October 1, 2013)

Language: English

ISBN-10: 159233556X

ISBN-13: 978-1592335565

Product Dimensions: 7.6 x 0.5 x 9.2 inches

Shipping Weight: 15.5 ounces (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 stars 30 customer reviews

Best Sellers Rank: #12,684 in Books (See Top 100 in Books) #26 in Books > Cookbooks, Food & Wine > Special Diet > Allergies #29 in Books > Cookbooks, Food & Wine > Desserts #38 in Books > Cookbooks, Food & Wine > Special Diet > Gluten Free

Customer Reviews

"Readers who pick this volume up anticipating dry-looking baked goods and fruit smoothies are in for a pleasant surprise. Aimed at those on the Paleo diet or at those simply trying to eat healthier, this collection of treats is a win-win for anyone. Blogger Connell (multiplydelicious.com) has written one of the few Paleo dessert compilations on the market, though others are expected next year. The book starts off with an overview of the diet and some pantry staples and then highlights items that are available in stores by season. Connell features some obvious recipes, such as baked crumble-stuffed apples, as well as unexpected treats (fudgy chocolate coffee brownies, vanilla coconut ice cream, lemon bars, and dark chocolate pots de crème with roasted

cherries). Verdict: A great addition for any library whose clientele can't get enough of Paleo or gluten-free cookbooks or who are just trying to make healthier choices." • Library Journal

Heather Connell is the author of the popular food and lifestyle blog, Multiply Delicious. As a mother of twin daughters and a passionate home chef, Heather spends each day focusing on providing her family and her blog followers with great recipes made from the very best ingredients.

www.multiplydelicious.com

This is a great little cookbook book for those who want paleo treats or want to make a nice dessert for special occasions. I especially like that the book is organized by season. I was just a bit disappointed that so many recipes use nut flours. Overall, I highly recommend this book for anyone on a paleo diet; the recipes will satisfy those healthy cravings one gets season by season.

Great info for using nut flours and the extra eggs that need to be used w coconut flour cooking. LOVED THE RECIPES. AM ALWAYS TRYING TO FIND SWEETS TO MAKE HEALTHIER.

Excellent book! Thought I was going to have to give up sweets when I decided to go Paleo, lol. Turns out I don't need to after all! Love this book!

Great way for grain free diets to enjoy a lovely desert. So happy I bought it.

I love how it's laid out by season!! The photographs are beautiful and the recipes do not seem too difficult.

Great book.

One of my favorite books.

great book

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