



Paleo Desserts: 125 Delicious Everyday Favorites, Gluten- and Grain-Free

Jane Barthelemy

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Now you can have your cake and be paleo, too! The Paleolithic diet and lifestyle—based on eating hunter/gatherer foods for optimal health—has surged in popularity, but with grains, dairy, and refined sugars off the menu, indulging isn't easy.

Paleo Desserts is the first comprehensive cookbook of its kind: everyone's favorite desserts now made Paleo friendly, lower carb, and gluten free. Providing 125 mouthwatering, easy-to-follow recipes from brownies to milkshakes, Jane Barthelemy serves up treats to satiate even the biggest caveman sweet tooth.

Recipes include Raspberry Crumble Bars, Tiramisu, Black Forest Cherry Pie, Lemon-Berry Parfait, Pumpkin Cheesecake, Whipped Coconut Crème, and more. *Paleo Desserts* includes a color-photo insert and ingredient lists for simplified shopping.

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