



Paleo Easy Desserts: Satisfy Your Cravings with Healthy, Delicious and Easy Paleo Desserts

Deidre Funk

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The great thing about the Paleo diet is that you can still enjoy the foods you love (like these desserts!) without feeling guilty. It's not one of those highly restrictive diets you use to lose a few pounds, it's a healthy lifestyle choice to keep your body nourished. This book includes 30 of the easiest Paleo dessert recipes, the best of the best. All are fail-proof recipes, using easy to find ingredients so you can make amazing, flavorsome desserts to end any meal on a high note. You don't need any special cooking or baking skills to make these desserts. Mixing is the only thing you need to know then let the oven do the rest of the job. You can now enjoy and indulge on your healthy, gooey and fragrant desserts without feeling guilty about it. It's as healthy and nutritious as it can be. Getting started on a new way of eating can be hard, but this book makes Paleo Easy! Here are the benefits: * 30 of the easiest Paleo recipes, the best of the best * Satisfy your cravings on Paleo with healthy desserts * Easy to make recipes to make your mouth water * No special cooking or baking skills required * If you can mix it you can make it! * Guilt free delicious pleasure * Indulge today

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Patricia Thomas:

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Satisfy Your Cravings with Healthy, Delicious and Easy Paleo Desserts can to be your friend when you're feel alone and confuse in doing what must you're doing of this time.

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