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Sweet Paleo: Gluten-Free, Grain-Free Delights



Synopsis

A perfect introduction to the joys of paleo baking. Whether you are gluten-free, living the Paleo or Primal lifestyle, or simply love gourmet-quality food, in *Sweet Paleo* you will discover delectable breakfast and dessert recipes made with nutrient-dense ingredients. From simple creations like Chocolate Chip Cookies and Pancakes to sophisticated offerings such as dairy-free Crème Brûlée or a perfect grain- and dairy-free Tiramisu', the wide range of delights in this book is sure to satisfy your cravings no matter the occasion or your dietary requirements. With more than 90 recipes, *Sweet Paleo* will guide you through the use of grain-free flours, dairy-free alternatives, and unrefined sweeteners so that you can have your gluten-free cake and eat it too. Inside *Sweet Paleo* you will find: Over 90 recipes - all free of gluten, grains, legumes and refined sugars Most recipes are dairy-free or have dairy-free options Plenty of egg-free and nut-free choices Recipes high in protein, fiber and good fats Mix-and-match options for dozens of possible combinations Overview of Paleo basics Grain-free cooking and baking guide Detailed key ingredient descriptions Substitutions, tips and tutorials Full-page color photographs throughout You will want to try all the recipes, including: Candied Blood Orange Tart, Cinnamon Cheesecake Bites, Raspberry Coconut Macaroons, Chocolate Paleo Birthday Cake (nut-free), Pecan Praline Cheesecake (dairy-free), Madeleines, Linzer Cookies, Crepes, Cherry Clafoutis, Chocolate Pistachio Biscotti and much, much more.

Book Information

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Customer Reviews

Lea Valle is the author, recipe-developer and photographer behind the popular blog Paleo Spirit

(paleospirit.com). Her food and lifestyle tips focus on a back-to-basics approach to fitness for body, mind, and soul. After struggling with persistent health problems for several years, culminating in a diagnosis of celiac disease, Lea discovered "Paleo" and embraced the ideal of pursuing health and fulfillment through simple time-tested strategies.

I wasn't going to buy this cookbook because I have so many Paleo cookbooks, and most of them all have a decent dessert section. I am so glad that I changed my mind. This book is absolutely gorgeous. There is a nice balance of re-creations of classic non-Paleo desserts (tiramisu, crème brûlée) and original creative recipes (mixed berries Shiraz sorbet, black bottom pecan torte.) This book is also less expensive than many of the other Paleo books that I have purchased, but it is equally beautiful and informative. One of my complaints about some of the cookbooks put out today is that there are so many fluff recipes, that just seem to be there to add volume to the book. That is not the case with this book! There is not a single recipe in this book that I do not want to make, and what I have made so far (Meyer lemon meringue pie, coconut milk panna cotta) has been amazing. All in all, it is a beautiful, informative book and I highly recommend it. By the way, the desserts that I made were served to non-Paleo people and they had no idea there was anything different about them.

Creative cook with incredible and detailed recipes and pics for each. Glad I purchased as this is a big change for me.

Beautifully illustrated & great recipes. Makes Paleo easy!! Lea Valle has a gift in knowing how to create delicious recipes. So glad I got this!

Oh yea this ones a keeper for those special occasions.

Looking forward to trying the recipes. They look great and seem to be easy to do.

A beautifully captured celebration of food and health. Lea is a fantastic photographer and a wonderful communicator. Great work.

the pictures are so fantastic, too.

Good selection of recipes!

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