



Paleo Fruit Desserts: Quick and Easy Low Fat, Low Carb and Gluten Free Indulgenc (Paperback)

By Tammy Lambert

Createspace, United States, 2013. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.About the Book This book is for people who love desserts and want healthier options that follow the guidelines of the Paleo diet. Learn more about the Paleo diet in the Introduction section. After that get into the good stuff, you will find a collection of fruit dessert recipes. -In the first section, there are cake and cupcake recipes. -Following those you will find pie and cookie recipes -Then biscuit and donuts recipes not far behind. -Fourth you will find ice-cream and pudding recipes. -Fifth, find the candies and bars. -Then last but certainly not least comes the baked fruit desserts recipes. Enjoy the collection of delicious Paleo fruit dessert recipes while knowing you are giving your body a great supply of nutrients.



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Reviews

This book is great. It is written in simple words and not difficult to understand. I discovered this pdf from my dad and I suggested this ebook to find out.
-- Prof. Webster Barrows

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