

[PDF] Paleo Desserts: 125 Delicious Everyday Favorites, Gluten- And Grain-Free

Jane Barthelemy - pdf download free book

Books Details:

Title: Paleo Desserts: 125 Delicious

Author: Jane Barthelemy

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Description:

Review *Midwest Book Review*, January 2013

□*Paleo Desserts* helps create fresh alternatives to every home chef's library of favorites."

Sacramento/San Francisco Book Review, 1/7/13

□Barthelemy has a dessert for everyone, and if you are gluten-free or grain-free you will appreciate this collection of luscious desserts."

Midwest Book Review, February 2013

□Appealing□A fine pick for any cookbook collection."

RetailMeNot.com, 4/18/13

□Barthelemy has made gluten-free, low-carb, diabetic-friendly recipes that impress.”

Tucson Citizen, 4/25/13

□Essential, especially for those who want to eat healthier foods.”

Taste for Life, May 2013

□Maybe you’ve stopped sneaking sweets, but Jane Barthelemy’s new book means not giving up dessert entirely□The high-quality, nutrient-dense ingredients in these dessert recipes will help preserve and boost energy, ensuring a truly sweet ending to every meal.”

WomanAroundTown.com, 9/7/13

□For those already on the Paleo eating program, Jane Barthelemy’s *Paleo Desserts* is a welcome adjunct□With recipes like Black Forest Cake and Key Lime Pie, no one need feel deprived.”

From the Author My cookbook is the result of my personal journey as a chef, health practitioner, and food lover. I wrote Paleo Desserts because I wanted to re-create all the classic American desserts that I once craved, in a Paleolithic, or hunt-and-gather version. Any caveperson could make them, that is, if he or she had a food processor!

If you enjoy a special diet, welcome home. Perhaps you've found that gluten, sweets, dairy, or nightshades are not what you need. Maybe you miss your favorite sweets, but know they will not make you healthy and happy.

These recipes give you delicious desserts that are truly nourishing, and extremely low in carbs. They're tastier than my Mom's, because they're made with real food like fresh vegetables, tart fruits, and nuts. All of the recipes are free of gluten, grains, dairy, beans, nightshades, industrial gmo foods like corn, soy, canola, and all sugars. Hooray!

Although I suggest ingredients, I'm not promoting any product. I want you to choose the ingredients that are right for you. The recipes were built around the carefully researched products I suggest, and you are free to take a chance experimenting with your favorite ingredients. The main "flour" is pure shredded coconut (27% carbs) ground in any food processor. The suggested sweetener is Just Like Sugar Table Top natural chicory root sweetener with zero carbs. You are free to substitute your own sweetener cup for cup.

For me - and perhaps for you - this has been an interesting journey of giving up a lot of foods, one at a time. Paleo Desserts was motivated by my enormous passion for sweets - a passion so strong I had to find a way to create sweets that are also good for my body and every body. Come visit me at JanesHealthyKitchen.com and PaleoDesserts.com.

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