



Sweet Paleo: Gluten-Free, Grain-Free Delights

Lea Valle

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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.



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