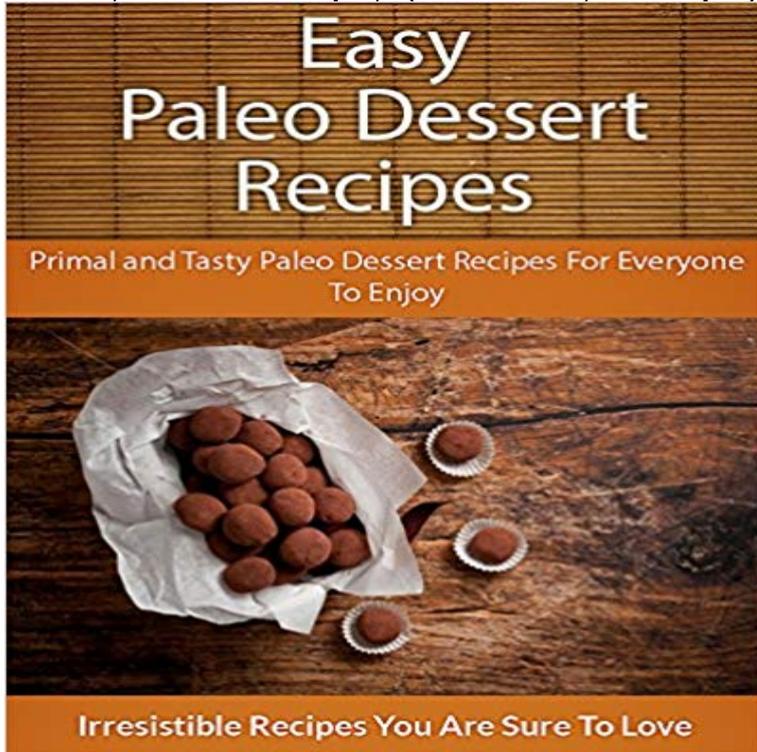


Easy Paleo Dessert Recipes: Primal and Tasty Paleo Dessert Recipes For Everyone To Enjoy (The Easy Recipe)



The Paleo Diet is one of the newest, most buzz-worthy diets on the market right now. Emphasizing whole, natural foods that were available to our ancient caveman ancestors, Paleo eating shuns all agricultural grains, refined sugars, and dairy products. And while this diet plan has helped millions of people lose weight and lead more healthful lives, many others shy away from Paleo's restrictive nature, particularly those dessert lovers with a sweet tooth through and through. As most desserts are made with wheat, milk, and sugar, foods that are completely abstained from on the Paleo Diet, it would seem that all desserts are off the menu. But that's not the case. Many desserts can be made to be Paleo-friendly with just a few simple modifications, and they taste just as good as their traditional counterparts. Plus, they're made with natural, whole ingredients that are sure to leave you feeling better and more energized. One of the main benefits of switching to a Paleo Diet, particularly in regards to dessert foods, is increased digestive health. Wheat and other refined grains can wreak havoc on the lining of the stomach and the intestines, causing cramping, bloating, and severe gas. Gluten can also cause an inability for the body to absorb vital nutrients that come from healthy foods. This is especially true for those with gluten allergies or gluten intolerance. Consuming desserts filled with refined flours and glutes can actually lead to malnutrition as the body just can't get the nutrients it needs out of the food it consumes, even if those foods are healthy. By switching to Paleo Diets that are free from wheat flours and refined grains, the body can take in all the nutrients it consumes and use those nutrients to support the vital functions of the body. Paleo desserts also reduce gas, bloating, and cramping and are easier on the stomach in general. In This Recipe Book You'll Find: - Cacao Nib Fudge Balls

- Hazelnut Truggles - Olive Oil Chocolate
Chunk Cupcakes - Spiced Orange Poached
Pears - Carrot Cake Pancakes - Spicy
Apple Cookies - Protein Pumpkin Pie
- And Much, Much More

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