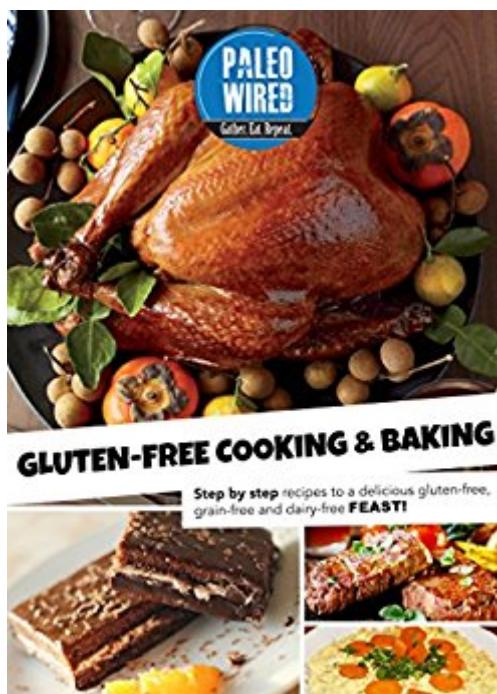


The book was found

Paleo Baking Ultimate Feast Recipes: Step By Step Recipes To A Delicious Gluten-free, Grain-free And Dairy-free Paleo Feast!



Synopsis

This Paleo cookbook and recipe guide is compatible with PC, Mac, Smart Phone, Tablet and Kindle Device Âœ making grocery shopping, following the recipe and checking the details that much easier! Following a Paleo Diet and eating healthy doesnÂt mean missing meals and counting calories. Paleo cooking is all about heart-warming and gourmet meals shared with family and friends! This season why not skip the low energy and weight gain (so often the results from all those joyous festivities) and cook mouth watering, 100% Paleo recipes that are healthy and nutritious. The 31 recipes in this Paleo Cooking guide come with step-by-step instructions and focus on using real ingredients to cook a finger-licking traditional feast, with a few side dishes and appetizers to really WOW everyone this year. TheyÂre so tasty you just might start cooking them all year round! All the recipes are gluten-free and *perfect* for any seasonal meal and celebration Âœ Christmas, Thanksgiving, EasterÂ|MotherÂ's Day, a BirthdayÂ|maybe even a Tuesday!~The human body is wired for Paleo, so give it what it wants already!~

Book Information

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Customer Reviews

Paleo Wired has produced an excellent book in Paleo Holiday Cooking for Beginners. The recipes are loaded with naturally based fruits, vegetables and herbs like ginger. Examples of some of the preparations include such favorites as Carrot Ginger Soup, Pumpkin Fry Mushroom Caps, Veggie Sticks, Bacon Wrapped Figs and Santa Cookies. A strength of the presentation is that the ingredients are set forth in painstaking detail. There are alternatives to white sugar for use in cooking. Examples are brown sugar, stevia, anise, mint and cinnamon to mention just a few. The alternatives to sugar are important for both dieters and health buffs. The recommended daily dietary dose of sugar hovers around 35 grams per person. Overall, this book will help dieters craft breakfast, lunch, dinner and desserts which will keep people close to the upper limit of sugar intake recommended by health professionals everywhere. At the current price, this book is a good value.

I enjoyed this book.

Love!

This is a nicely organized cookbook featuring 31 paleo recipes for the 31 days of December. Recipes are categorized as follows: Apps & Starters, Festive Drinks for Adults and Kids, Soups, Sauces, Meat, Side Dishes, Desserts. Among the many interesting recipes are: Sweet and Spicy Candied Nuts, Pomegranate Avocado Salsa, Pumpkin Fry Mushroom Caps, Gingerbread Steamed Milk, Butternut Squash Soup, Carrot Ginger Soup, Gluten-free Bacon Gravy, Gluten-Free Bread Rolls with Apple Butter, Roast Turkey, Rosemary Lamb, French Salad, Green Bean Casserole, Gluten-free Shortbread Santa Cookies, and Traditional Pecan Pie. The book is labeled "Gluten Free". At the top of each recipe is information on the number of servings, prep time, and cooking time. Most of the recipes are easy to make, use ingredients available in today's supermarkets, and have easy-to-follow directions. They appear to all be gluten-free and consistent with a paleo diet. This cookbook is a great addition for the holiday season for those who are serious about maintaining a paleo diet throughout the year. Even those who are not committed to a paleo diet will find them tasty and satisfying.

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