



## **30-Minute Paleo Dessert Recipes: Simple Gluten-Free and Paleo Desserts for Improved Weight-Loss**

*Louise Hendon*

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### Delicious Paleo Desserts. Unlike Any Other Paleo Cookbook!

In *less than 10 minutes after opening this Paleo cookbook*, you could be eating the best Paleo banana bread ever! More importantly, though, you can nourish your body and feel good about eating these Paleo desserts.

Sticking to a Paleo diet and giving up foods that you've eaten all your life is not easy. You can no longer just walk into a bakery or grocery store and buy desserts or cookies or pastries. There are no pre-packaged Paleo cake mixes. You want to stay Paleo and you want to get healthier, but you shouldn't have to be in the kitchen for hours or else deprive yourself completely.

### Don't Cheat! These Paleo Recipes are Twice as Yummy.

Grocery stores and food companies aren't looking out for you. They want to sell you the cheapest junk food that will taste good but make you feel terrible. I know. I've been there.

When I first went Paleo, I'd give in to temptation **all the time**. Every afternoon, I'd walk through Walgreens blindly hoping to find gluten-free and Paleo desserts to eat. After 20 minutes of useless searching, I'd usually end up buying some random treat that was completely non-Paleo!

I would tell myself that I would only eat one cookie, but while sitting in my office for the next couple hours, I wouldn't stop until the entire packet was gone. It's hardly surprising that I felt tired, grumpy, and bloated for days afterward. Giving in to temptation certainly didn't help me lose weight, either. And worst of all, I'd end up wanting to eat even more junk!

### You Have a Choice. Eat Better Paleo Desserts.

It's taken me years to figure out how to escape that vicious cycle. I started by learning to make Paleo desserts and treats that were both delicious and made me feel better. It took me a long time, though, to figure out exactly which Paleo ingredients actually worked well as substitutes - there weren't many Paleo cookbooks back then. I went through a LOT of experimentation and a LOT of taste-testing (always the fun part).

Most importantly, though, I perfected all of my Paleo recipes so that they're *super fast*, use *easy-to-find & common Paleo ingredients*, are *low in Paleo sugars*, and still *taste absolutely amazing*! In fact, that's what I have blogged about for years at AncestralChef.com, where you can find a ton of comments from happy Paleo dieters.

I've spent the time and effort over the years figuring everything out and perfecting these desserts, which is why I'm sure you'll enjoy these 30-minute Paleo dessert recipes!

### A Paleo Desserts Cookbook for Convenience, Health, Yumminess, and Less Money.

Here's the way I look at it. You'll never again need to spend \$3 on a brownie at the coffee shop, or \$5 on a pack of cookies at the store. Instead, for instance, this Paleo recipe book is going to show you how to make 12 amazing Paleo chocolate brownies in under 30 minutes, how to make a batch of Paleo butter cookies in

less than 20 minutes, and other Paleo recipes in *less than 5 minutes!*

I know finding Paleo ingredients can sometimes be tough, which is why I've done 2 things for you in this Paleo cookbook. First, I use only the most common Paleo ingredients, and secondly, I've included an entire chapter on how to create your own ingredients. There's even a metric conversion chart for those unused to the US system.

**Get this Paleo Recipe Book Now.**

Stop eating junk and start feeling great. Pick up a copy of 30-Minute Paleo Dessert Recipes today, and please let me know which recipe is your favorite!



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