



Paleo Frozen Desserts: Amazing & Delicious, Quick & Easy, Low Calorie & Healthy

Martha Stone

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Paleo Frozen Desserts: Amazing & Delicious, Quick & Easy, Low Calorie & Healthy

Are you on a diet, or just want to live a healthier life?

Well, then this book is the perfect thing for you!

In this day and age where people are on various diets, we assume that desserts should not be part of any diet. Most of diets allow desserts, but only those that are made using the ingredients that are allowed in the diet.

This eBook gives you many dessert recipes that make use of only ingredients that are allowed in the paleo diet.

The paleo-diet restricts dairy products and processed sugar and therefore substitutes such as coconut and nut milks and honey are used in the recipes.

The book also provides you with a brief description of what the paleo diet is and the types of desserts that you can make when on the diet.

The main focus of the book is, however, on the recipes that are meant to keep your taste buds tingling and give you a break from your normal diet food, which can become monotonous.

The desserts will be enjoyed by non-dieters as they prove to be just as delicious

as regular desserts.

This book includes;

Paleo ice cream recipes

- Peach ice cream
- Banana walnut ice cream
- Pistachio ice cream
- Rose and strawberry ice cream
- Basil and lime ice cream
- Grape and lemon ice cream
- Egg-nog ice cream
- Berry-berry ice cream

Paleo sorbet recipes

- Mango sorbet
- Sweet and tangy tomato sorbet
- Apricot and banana sorbet
- Blood orange and apple sorbet

Paleo cake pops recipes

- Almond cake pops
- Pina colada cake pops
- Banana walnut cake pops
- Fig and honey cake pops

Paleo froyo recipes

- Green apple froyo
- Key lime froyo
- Cinnamon froyo
- Paleo popsicles
- Watermelon and orange pops
- Coffee popside

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Tags: Paleo, Paleo Diet, Paleo Cookbook, Ice Cream, Gluten Free, Weight Loss, Primal Blueprint, Low Carb

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James Bassler:

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Della McDonald:

People live in this new time of lifestyle always attempt to and must have the extra time or they will get great deal of stress from both way of life and work. So , when we ask do people have time, we will say absolutely indeed. People is human not just a robot. Then we ask again, what kind of activity are there when the spare time coming to a person of course your answer can unlimited right. Then ever try this one, reading guides. It can be your alternative within spending your spare time, often the book you have read is usually Paleo Frozen Desserts: Amazing & Delicious, Quick & Easy, Low Calorie & Healthy.

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