



Paleo Pasta: Gluten-Free Pasta Recipes for a Paleo Diet

John Chatham

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Going Paleo shouldn't have to mean giving up pasta. *Paleo Pasta* offers delicious and easy gluten-free alternatives to consuming the traditional Italian staple. With simple recipes and easy-to-follow tips, you will be able to make your own Paleo spaghetti, macaroni, and lasagna right away, and enjoy your favorite hearty meals in a Paleo-friendly way!

Learn how to make gluten-free pasta the easy way with *Paleo Pasta*:

- Get 32 Paleo-friendly pasta recipes, from homemade Paleo noodles made with almond flour and coconut flour to fresh pasta sauces.
- Lunch and dinner recipes for an array of easy pastas, including homemade Sun-Dried Tomato Basil Pasta, Sweet Potato Gnocchi, and Fresh Spinach Pasta.
- Crowd-pleasing family favorites such as Paleo Lasagna, Paleo Baked Macaroni, and Baked Penne with Tuna.
- An extensive list of alternative ingredients for making Paleo pasta from scratch, as well as resources and brands offering packaged gluten-free pasta.

For more information on how to make Paleo versions of all your favorite foods, check out the rest of the books in this series, including *Paleo Cookies*, *Paleo Muffins*, *Paleo Snacks*, and the *New York Times* Best Seller *Paleo Slow Cooker*.

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