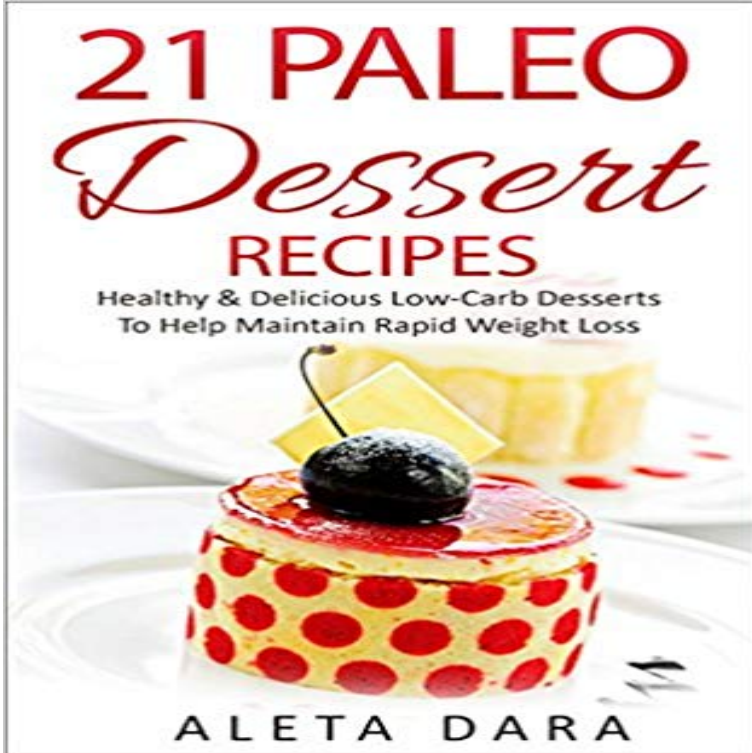


## 21 PALEO DESSERT Recipes, Healthy & Delicious Low-Carb Desserts To Help Maintain Rapid Weight Loss: Delicious Recipes to Help You Stay Healthy and Lose ... a Low Budget (21 Recipes Collection Book 4)



Remember: STRESSED spelled backwards is DESSERTS \*\*\* HOW TO PREPARE SIMPLE, HEALTHY LOW-CARB DESSERTS THAT WILL ALSO HELP YOU TO MAINTAIN RAPID WEIGHT LOSS\*\*\* Paleo is short for Paleolithic. Its also sometimes referred to as the Caveman Diet because it is based on only eating foods which were available to humans back in the second part of the Stone Age. It encourages us to eat the way nature intended. In other words, like cavemen. If they could hunt or find it, then we can eat it. Conversely, if they couldnt have eaten it, neither should we. BUT WHAT ABOUT SWEETS Well, if you are following a Paleo Diet, it would be easy to assume that you are fresh out of luck when it comes to eating something yummy. I mean lets face it, stone age cavemen didnt exactly have cake or pie with ice cream to finish off a meal. Or a chocolate bar tucked away in a cupboard for that sudden urge. And its true that standard ice cream and yogurt treats or anything using refined sugar are not on the menu. However there are many naturally sweet ingredients that can be used. Nuts like almonds and virtually anything made from coconut are totally acceptable. So start thinking about coconut oil and almond and coconut flours, and of course fruit, and Im sure it will start to become obvious that a veritable cornucopia of sweets are available to happily finish off a meal. \*\*\*Aleta has put together 21 great Dessert options that also satisfy your Paleo Diet requirements. Were sure you cant wait to get started!\*\*\*

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