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Paleo Frozen Desserts: 35 Delicious Homemade Dairy Free, Gluten Free Paleo Frozen Treats

Dana Summers

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Finally! Delicious Paleo Friendly Frozen Desserts Made Without Eggs, Gluten, Soy or Refined Sugar You Can Make at Home Today!!!

Summer is here, however if you are on the road to health and decided to rid your diet of the processed and refined foods eating dessert may pose a bit of a challenge. Today's supermarkets, ice cream shops and even desserts served by our neighbours are laden with refined sugars, soy, dairy as well as artificial flavours and preservatives that further contribute to weight gain, obesity, diabetes and heart disease. What if you could enjoy delicious, mouth-watering dessert in the comfort of your own home knowing it is 100% natural so that every guiltless bite could be enjoyed to the fullest? You are in luck because Paleo Frozen Desserts will get you through the hot summer months! This book contains proven steps and strategies on how to make desserts that are in step with the Paleo diet and taste great. Not only are the desserts you about to make creamy, rich and delicious- they are made without eggs, gluten, soy or refined sugar! Some of the treats you'll enjoy include homemade ice cream, gelato, sherbet and popsicles! In addition, this book provides you with more than just a list of recipes for Paleo Desserts; you will find out how dessert fits into the Paleo diet plan. You will also find hints and tips for how to manage portions so that you can control the amount of sugars in your diet, plus an explanation of the types of desserts and when it is best to make and serve them.

The following are just a few of the types of treats you'll enjoy:

Peanut Butter Chocolate Chip Freezer Cookies Simply scroll up and click the BUY button to instantly download your copy

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