



## 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 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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#### **Deborah Hayes:**

A lot of people always spent their very own free time to vacation or maybe go to the outside with them loved ones or their friend. Are you aware? Many a lot of people spent these people free time just watching TV, or maybe playing video games all day long. In order to try to find a new activity that's look different you can read a book. It is really fun in your case. If you enjoy the book that you just read you can spent the entire day to reading a book. The book Paleo Frozen Desserts: Amazing & Delicious, Quick & Easy, Low Calorie & Healthy it is quite good to read. There are a lot of people who recommended this book. We were holding enjoying reading this book. In the event you did not have enough space bringing this book you can buy often the e-book. You can m0ore easily to read this book from your smart phone. The price is not to fund but this book provides high quality.

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#### **Neil McNatt:**

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#### **Christina Bishop:**

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