

Book 1 + 2: 45 Paleo Dessert Recipes: Quick & Easy, Delicious Recipes For Busy Moms (Scrumptious No-Fail Paleo Desserts)

Book 3: Paleo Is Like You! Paleo Food Poetry For The Primal Paleo Lifestyle - Poem A Day Book

45 Paleo Dessert Recipes  
Quick & Easy, Delicious Recipes  
For Busy Moms (Scrumptious  
No-Fail Paleo Desserts)

Paleo Is Like You  
Paleo Food Poetry For The Primal Paleo Lifestyle  
Poem A Day Book



Oh So  
Scrumptious &  
Oozing

**PALEO DESSE**

Easy Paleo Dessert Recipes: Pale  
Paleo Cupcakes, Paleo Smoo  
Paleo Pudding



**PALEO DESSERTS**

30 SCRUMPTIOUS VALENTINE'S DAY  
RECIPES WITH SKIN FREE BAKING  
& BEAUTIFUL DESSERT RECIPES



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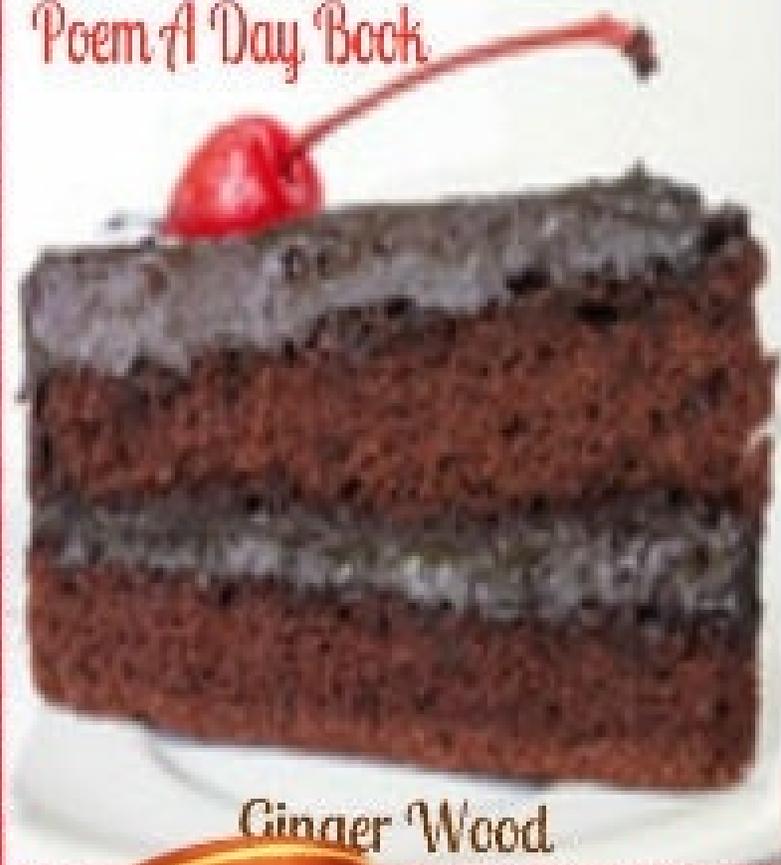
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# **Table of Contents**

[Title Page](#)

[Book 1: 33 Scrumptious & Oozing Paleo Desserts](#)

[Free Bonus](#)

[Introduction](#)

[What Is Paleo](#)

[Why Paleo Desserts Work](#)

[How Paleo Can Change Your Life: The Paleo Lifestyle](#)

[The Gluten Free Paleo Way That Is Getting Better Day By Day](#)

[Paleo & Fiber](#)

[Sneak Peak Into The World Of Paleo Desserts](#)

[Paleo Marzipan & Berry Muffins With Coconut Whipped Cream](#)

[Flourless Paleo Chocolate Muffins With Coconut Whipped Cream](#)

[Paleo Black Sesame Coconut Flour Muffins](#)

[Macadamia, White Chocolate & Raspberry Muffins](#)

[Banana Nut Paleo Muffins](#)

[The Ultimate Paleo Cocoholic's Muffins](#)

[Red Berries & White Chocolate Paleo Muffins](#)

[Paleo Lemon Chia Seed Muffins](#)

[Paleo Choc Hazelnut Muffins](#)

[Paleo Blueberry Delights](#)

[Sweat Paleo Caramel Apple Muffins](#)

[Mini Blueberry Bites](#)

[Paleo Mug Cakes With Hot Fudge Sauce \(Easy Done In 3 Minutes\)](#)

[Flourless Paleo Choc Muffins With Peanut Butter Cream Frosting](#)

[Paleo Pineapple, Ginger & Passionfruit Cupcakes](#)

[Paleo Chocolate Pot De Creme](#)

[Lemon Coconut Macadamia Muffins](#)

[Strawberry Ricotta Paleo Cupcakes](#)

[Paleo Pink Champagne Cupcakes](#)

[Scrumptious No Bake Paleo Cakes](#)

[Extra Dark Paleo Chocolate Pudding](#)

[Strawberry Mousse à La Paleo](#)

[Goey Paleo Ferrero Mousse](#)

[Decadent Dairy Free Coco Choco Whipped Cream](#)

[Paleo Avocado Coconut Chocolate Mousse](#)

[Raw Dark Chocolate & Coconut Mousse With Coconut Milk Whipped Cream With Berries à La Paleo](#)

[Paleo Coconut Date Mousse](#)

[Simple Paleo Chocolate Mousse](#)

[White Chocolate Macadamia Nut Paleo Smoothie](#)

[Coconut Almond Paleo Smoothie](#)

[Creamy Paleo Coconut Macadamia Coffee Smoothie](#)

[Creamy Coconut Maca Raw Chocolate Paleo Smoothie](#)

[Chocolate Cocoa Macadamia Coffee Smoothie](#)

[Conclusion](#)

[Extra Bonuses](#)

[Baking Supply Secret Couponing Method To Save Time & Money](#)

[Baking Cakes, Muffins & Cupcakes With The Proper Baking Gear](#)

[Step By Step To Baking The Perfect Homemade Goods](#)

[More Scrumptiousness](#)

[More Information](#)

[About The Author](#)

[Resources](#)

[Book 2: Paleo Dessert Recipes: Paleo Muffins, Paleo Cupcakes, Pales Smoothies & Paleo Pudding](#)

[Free Bonus](#)

[Introduction](#)

[What Is Paleo & What Will You Learn?](#)

[Why Paleo Desserts Work?](#)

[How Paleo Can Change Your Life: The Paleo Lifestyle](#)

[Sneak Peek Into The World Of Paleo Desserts](#)

[Paleo Food List](#)

[Paleo & Fiber?](#)

[Before You Get Started Set Your Goal Straight](#)

## [Paleo Muffin Recipes](#)

[Creamy Coconut Macadamia Paleo Muffins With Raw White Chocolate Frosting](#)

[Almond Butter & Chocolate Banana Protein Paleo Muffins With Toasted Whipped Coconut Cream](#)

## [Paleo Cupcake Recipes](#)

[Gluten Free Paleo Cupcakes with Whipped Cream Frosting](#)

[Bittersweet Chocolate Mango Coconut Paleo Cupcakes With Raw Coffee Roast Frosting](#)

## [Paleo Pudding Recipes](#)

[Dark Paleo Chocolate Chia Coconut Pudding With Decadent Coconut Pecan Paleo Topping](#)

[Blueberry Paleo Pudding With Dried Apricots & White Cream Topping](#)

[Dark & Intense High Protein Paleo Pudding With Coconut Whip Cream](#)

## [Paleo Smoothie Recipes](#)

[Creamy Paleo Coconut Macadamia Coffee Smoothie](#)

[Scrumptious Cake Batter Paleo Smoothie](#)

[Creamy Paleo Coconut Macadamia Coffee Smoothie](#)

## [Paleo Ice Cream Recipes](#)

[Paleo Butter Pecan Salted Caramel Paleo Ice Cream](#)

[Lavender Blueberry Jam Paleo Ice Cream With Organic Lemon Curd](#)

## [Conclusion](#)

[Extra Bonuses](#)

[Paleo Ingredients Quiz](#)

[Answers](#)

[9 Smoothie Power Tips Or The Powerful 5 Minute Smoothie Ritual](#)

[Baking No Fail Muffins & Cupcakes With The Proper Baking Gear](#)

[Bake Perfect Muffins & Cupcakes](#)

[17 Final Tips For The Paleo Lifestyle](#)

[Baking Supply Secret Couponing Method](#)

[More Scrumptiousness](#)

[More Information](#)

[About The Author](#)

[Resources](#)

[Book 3: Paleo Is Like You](#)

[Free Surprise Bonus](#)

[Why Paleo Poems?](#)

[Dedication](#)

[Paleo Is Like A](#)

[Paleo Is Like B](#)

[Paleo Is Like C](#)

[Paleo Is Like D](#)

[Paleo Is Like E](#)

[Paleo Is Like F](#)

[Paleo Is Like G](#)

[Paleo Is Like H](#)

[Paleo Is Like I](#)

[Paleo Is Like J](#)

[Paleo Is Like K](#)

[Paleo Is Like L](#)

[Paleo Is Like M](#)

[Paleo Is Like N](#)

[Paleo Is Like O](#)

[Paleo Is Like P](#)

[Paleo Is Like Q](#)

[Paleo Is Like R](#)

[Paleo Is Like S](#)

[Paleo Is Like T](#)

[Paleo Is Like U](#)

[Paleo Is Like V](#)

[Paleo Is Like W](#)

[Paleo Is Like X](#)

[Paleo Is Like Y](#)

[Paleo Is Like Z](#)

[Conclusion](#)

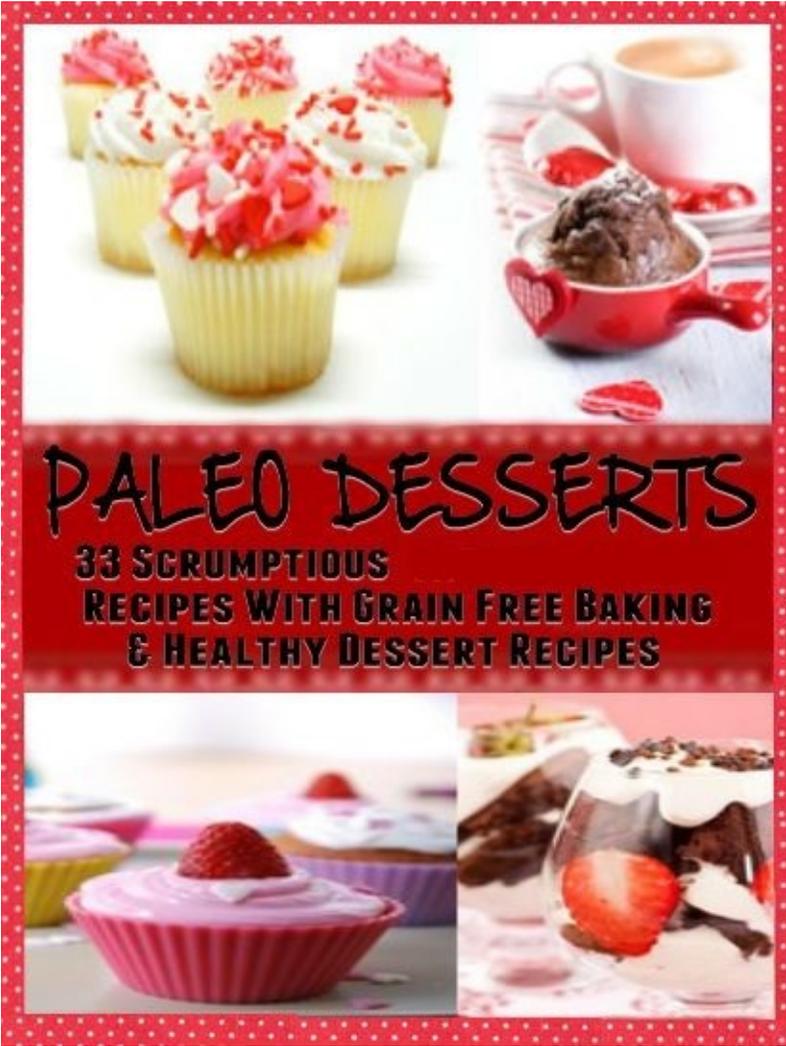
[More Scrumptiousness](#)

[About The Author](#)

[More Information](#)

## [Resources](#)

Book 1: 33 Scrumptious & Oozing Paleo Desserts



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## ***Introduction***



The human diet is a diverse range of flavors and preferences, and has evolved enormously with time. 10,000 years ago cavemen used to hunt for food and devour vegetables and fruits that grew on land. They fished from the sea and hunted wild beasts for their meat. This has been referred to as the Paleolithic era that advocated an organic diet that sufficed to say, was regarded as the diet for optimum health by scientists and doctors. Since, the emergence of agriculture, various toxins and additives have made their way into our diet and have started a chain reaction of several different medical problems like immune system disorders, celiac diseases, and other autoimmune diseases that overtime can cripple human health.

The purpose of this book is not just to take a look at the Paleo diet as a serious health upgrade diet, but it is also to take a peek into the world of Paleo desserts because most people wrongly assume that being on a Paleo diet means you can't have desserts. Let's face it we don't know what desserts were available to the cavemen in their time and it could be really hard to grasp that once you're on a Paleo diet you won't enjoy a cupcake again.

This is the very point with which most scientists and nutrition experts have a beef about with the Paleo diet. They counteract Paleo diet principles with damning views over how due to the vast evolution of human diet, reverting back to a caveman's diet is not something that is altogether doable. Cavemen never had our technology, or ability to cultivate grains and wheat. In the opinion of modern nutritionists, the caveman diet is as obsolete as a typewriter with the explosion of new technology. While, they are right to establish that the human tastes and flavors have expanded to new levels that were beyond the scope of cavemen, the Paleo diet isn't really about being a caveman, it's about adapting our diet to meet the organic goodness that sheltered human beings 12000 years

ago, and nurtured their bodies with nutrition value that is quite frankly lacking in processed foods and produce of today.

No, Paleo does not mean you go cold turkey on desserts. In fact, the Paleo diet encourages desserts made of organic and fresh products that don't just serve as empty calories, or make you slave to overeating with their high fructose sugar content. Another modern day sucrose conversion that is addictive and present in most foods and drinks, drinks especially, due to its solubility level.

Let's take a look at what the Paleo diet is and what it has to offer.

## What Is Paleo



The Paleo diet is one of the most unquestionably interesting diet concepts that have racked up the points in the last few decades. Everyone from celebrities to the general public are adopting it left, right, and center, as the secret of their healthy glow. Health diets and fad diets generally tell you to skimp on desserts, or just altogether forego the bite of a heavenly cream doughnut, but you would be happy to learn that the Paleo diet is one such diet that does not dissuade you from eating those comfort goodies.

The Paleo Diet is the planet's most healthy diet generally based on consuming delightful, up to date foods which have nutritive approach in order that it works rather well body genetics to help remain lean, powerful and energized. The name comes from Paleolithic age, or the Stone Age, when the forbears were hunters and gatherers of natural foods.

It in fact, encourages your sweet tooth, but with some adaptive changes that allow for organic ingredients to make up decadent treats that leave your mouth watering for more.

There are several reasons you may have decided to go for Paleo as a lifestyle change, but the need for a dessert treat every now and then remains constant.

So, what is this book about?

This Paleo dessert cookbook is especially dedicated for people who love to celebrate St. Valentine's day and who love to enjoy eating scrumptious desserts without having to feel guilty about it and without having to sacrifice their love for

some sweet treats and desserts.

The healthy desserts & gluten paleo baking book will tell you why Paleo is the craze now and why you should be enjoying the Paleo lifestyle, too!

This grain free Paleo vegan sweets book for the Holidays will also tell you ways in which the Paleo diet will change your lifestyle for the better and turn guilt into guilt free pleasures

This Paleo cupcake and frosting recipes book will also tell you what ingredients to have in your kitchen as a staple for paleo dessert pleasures during the Holidays

This Valentines Day recipes book will give you 33 scrumptious Paleo desserts (Paleo Gluten Free & Grain Free Muffin Recipes, Paleo Cupcake And Frosting Recipes, Paleo Vegan Sweets & Paleo Smoothies) that you probably desire right now

Inside the Paleo Holiday recipes book you will learn how to make these easy Paleo desserts in a quick & no fail fashion and even if you are a busy mom or a busy person who works a lot. You can do this because you will find some easy and quick fix 3 Minute Paleo Holiday recipes, too!

Based on the knowledge of this paleo dessert book you will be empowered and enabled to discover and explore more and more Paleo dessert applications by yourself and this is where the fun begins

You will absolutely learn how to turn guilt into guilt free pleasures by pure will power and indulge your partner and loved one with these scrumptious & healthy Holiday treats

Ultimately, you will be living some intensive and pleasurable Paleo dessert moments free from guilt and this is when you finally are able to live the paleo lifestyle beyond the Holidays because in the end you do not really want to give up eating these delicious desserts, but learn how to integrate them into the reality of your life while becoming healthier and fitter every day!



## Why Paleo Desserts Work



You must be wondering why would you want to take a look at Paleo as a serious diet change to improve your lifestyle and health?

There is no shortage of medical journals and newspaper articles, internet bites, and TV infomercials that tell us what is good for the body, what is good for your heart, and what processed food substance will lower your bodies cholesterol. Earlier men and women had longer lives and lesser issues with their health because of natural and organic diets. This in itself should make you question what are you putting in your bodies these days and what are you feeding your children alike? You may find yourself easily tired at say, age 35, while your father at that age was a tough sport about marathoning through work hours, juggling family, and social activities alike. This is proof that even with evolved diets, eating organic food and eating less processed junk did their bodies actual good.

Now let's enter the Paleo world. As with any other diets, one would be cautious about its overall effect on our body and mind. Scientific studies, while not a hundred percent accurate, but still, many studies have shown that Paleolithic men/women suffered from none of the hundreds of modern diseases that have been on the rise like an epidemic after the evolution of our diet, and the introductions of agricultural additives and processed food additives that have done the opposite of nurturing our bodies.

But as they all say the proof is in the pudding. Most people who have adapted this lifestyle have nothing but good things to say about this diet. Most importantly, this diet has helped many severely affected patients of different autoimmune diseases achieve restoration of their health almost immediately.

Most of us only hear about gluten in products and how it affects 'some' people badly. If you've heard about gluten free products several times, and don't know why gluten is a common enemy affecting 1 in a 100 cases then, let's talk about gluten.

Gluten is a protein present in all wheat based products and all its cross breeds like rye and barley as well. Today most processed food items apart from wheat products themselves also contain gluten, and it seems that more than some people are badly affected by the presence of this protein in their foods.

Gluten has been linked to most autoimmune diseases, diarrhea, leaky gut syndrome, intestinal damage, and fatigue to name just a few. The worst part is that most of us don't even know that we may be suffering from any gluten allergies. Many cases of celiac disease remain undiagnosed because sometimes the symptoms are subtle and grow over time, or just don't affect us as severely as it does to some people with diagnosed cases of celiac disease.

Paleo is not just a gluten free diet, it is also a low carb and high fat that encourages the use of some nutritional fat that helps to create energy in a human body. Due to obvious myths that have been fed to us over time through commercials, articles, and scientists we feel afraid of the very mention of 'FAT' in our diet and disregard a high fat diet as complete misnomer.

Fat is not always bad, and carbohydrates only provide energy to that gets burned away immediately. Fats are another macronutrient that give your body the energy to get through the day. Proof of this is the cavemen themselves. They existed on high fat diets that allowed them energy and alertness to hunt and gather for themselves. That can be an intense workout by modern day standards. Out complicated routines of this day is nothing short of intense effort and exertion. A high fat diet will assist in enriching your lifestyle in many ways.

Another issue in our general diet is how our non-Paleo lifestyle affects your blood sugar level and how quickly the blood glucose level rises. All foods have varying glycemic levels (the rate at how quickly your blood sugar level rises with a food) and some make your blood sugar levels increase).

If it's still hard to get a handle on why Paleo should be your diet then let's take a look at the fat free craze that has been on the roll for the last few decades. Fats and saturated fats are both touted as 'evils' that encourage cholesterol and bad heart health, but this is a one sided story. Let's not delve into heavy medical and cellular jargon for it. Keeping it simple, saturated fats aren't all bad fats. Yes, there are good saturated fats, as well as bad saturated fats. The good fats contribute to good heart health, and don't encourage build up of harmful triglycerides in arteries (what we call clogged arteries are the results of harmful triglycerides build up in our arteries). The macronutrients encouraged in Paleo are all sources of good saturated fats that are productive in increasing heart

health and vitality.

Coming to the issue of losing weight with this diet, weight loss can be a seriously frustrating battle if your diet is the one that is hindering your success. Paleo is also known to help slim down those of us who have tried other diets and not found themselves close to shedding those annoying pounds. The low carb, high fat diet that Paleo encourages is also high in its protein quotient. A filling part of the equation that helps keep the individual satiated for longer, and revert to processed foods less. Once you cut out sugars, high carbs, and gluten out of your diet, you are bound to start dropping pounds. The high protein content also encourages more muscle development and promotes quicker fat burning.

Many organic ingredients in the Paleo diet encourage satiation of appetite and fat burning.

Based on this knowledge we can now move on to look at Paleo from the perspective of being a lifestyle choice that you can make for your own life.

# How Paleo Can Change Your Life: The Paleo Lifestyle



The Paleo diet has been called many things, and chief among them is the title of the caveman diet. A name that unwittingly turn some people off right away when they start imagining a bunch of drooling, hulking individuals beating their chests and running through the wild chasing wild beasts. That can be a disconcerting image, but Paleo is known as an all organic diet, and it is also touted as the low carb and high fat diet that can cleanse the body of toxins and additives of the modern processed foods epidemic.

Obesity, heart diseases, and food allergies (like gluten intolerance, celiac disease, diabetes, and other autoimmune disorders) have been on the rise for the last few decades. What hasn't eased these number in the last few years is the rising number of additives, like high fructose corn syrup, sodium, and 'bad' saturated fats in commercially processed cooking oils, and gluten in grains, wheat and all its by products.

We can't put an end to the production of these un-organic foods, but we can protect ourselves from further invasion of harmful diseases that may eventually cripple our body because of the empty calories they represent and their zero nutritional value. Even fortified processed foods that claim to have Vitamins and minerals to make them look more appealing can be deceiving because of the really low percentage of the nutrients present in the foods. And even then you may not be able to absorb those nutrients because of the presence of proteins that can inhibit our body's nutrient absorption by binding themselves to the nutrients and not letting them enter your blood stream.

Let's spell out what the Paleo diet is all about so that there is not confusion about what is shunned in the diet and how you can integrate the Paleo way of eating into your own lifestyle.

Before we do this, however, we must first clarify what ingredients to avoid with

the Paleo lifestyle.

## **Avoid list of Paleo Ingredients**

1. **Grains:** Avoid all grains like rice, barley, wheat, rye, quinoa, millet, corn, amaranth, oats, *etc.* as all of these contain gluten in some degree.
2. **Starchy vegetables:** This means white potatoes. The high starch and high sugar content is not on recommended list in the Paleo diet.
3. **Sugar:** Eliminate sugar from your diet and stick to raw honey and Paleo substitutes such as unsweetened maple syrup (grade B) that avoid raising blood sugar levels exponentially.
4. **Industrial and seed oils:** Avoid vegetable and seed oils like peanut oils, sunflower, canola *etc.* because they are higher in 'bad' saturated fats, require more processing to become edible and easily go rancid, which creates health issues. Try oils like olive, coconut oil, ghee, and pure grass fed butter.
5. **Legumes:** all kinds of beans whether they be peas, mung beans, broad beans, garbanzo beans, lima beans, and/or peanuts. They have always been touted as healthy proteins, but are also high in carbohydrates and increase insulin release in your body.
6. **Dairy:** Another food source that increases insulin levels in human beings and can contain additives, antibiotics, and growth hormones that can all be harmful to your health.
7. **Sodium:** Use less sodium as it is known to cause bloating, water retention and harmful to human body in higher quantities. Limit your sodium consumption to 1000mg a day. Most processed foods contain sodium (canned beans, pre-made foods, deli meats, *etc.*) Try using sea salt instead it's a healthier Paleo option.

## **Paleo benefits**

With this avoid list you must be thinking, how is avoiding any of this stuff make Paleo a good diet to be on? What are its benefits? After all if I'm giving up my pizza dough, I need to know it's got to be for some worthwhile reason. No way is any diet worth giving a try if you're going to be off the conventional pizza's made of gluten flour and fizzy drinks that are full of high fructose corn syrup.

Let's talk about some Paleo benefits that are sure to peak your interest.

Say goodbye to being 'hangry'. This is a combination of being both hungry and angry. Being on a high fat and low carbohydrate diet helps you stay satiated for longer. Some people experience rapid drop in their blood sugar,

which is followed by hunger and irritability. This is called hypoglycemia, but the Paleo diet will help with satiety and you will find yourself eating less than with other diets.

Experience sustained weight loss. Because of Paleo's food principles, you are consuming natural, organic, process free foods that help in controlling your weight. Processed carbs, sugar, and excess sodium are chief causes of weight gain. In a Paleo diet, once you get rid of foods that are discouraged by Paleo, you will notice a dramatic improvement in your weight and your ability to sustain that weight loss. Many studies have proved that things like high fructose corn syrup (a sweetener present in many processed food items) can be addictive. The HFCS is serving as empty calories itself, and your digestive system digests fructose in a different way from sucrose, but this is not the only cause of weight gain. HFCS is known to be addictive and when you drink one too many cans of some fizzy drink, you are bound to put on pounds.

No more bloating and being gassy all the time. You may have noticed that as you get older, eating certain foods causes your body to bloat and you are always gassy at night. This is common if you consume sodium more than 1000mg a day. With Paleo, the use of sodium and salt is discouraged because of its side effects that cause you to bloat, become gassy, and also unable to burn fat if you are trying to lose weight.

Healthy fats like omega 3 are encouraged in the Paleo diet. The nutritional value of omega 3 has always been immense, but with this diet your intake of this fatty acid increases to exponential levels. Consuming omega 3 regularly benefits your hearth, helps you burn fat quicker, helps you control autoimmune diseases like diabetes, and promotes positive brain development and a much healthier immune system.

Eating un-processed food is the ultimate benefit. This is something that cannot be overlooked about being on a Paleo diet. This diet encourages you to eat natural, organic food, and tells you to avoid harmful processed foods that are full of negative additives, toxins, antibiotics, and growth hormones that are bad for your health anyway. Above all it has a good balance of macronutrient

(protein, carbohydrates, and fats) and their appropriate ratios, which should not only nourish and give you exceptional overall health, but also give you mental clarity and a generally better mood.

You will be in optimum health because you will be consuming many nutrients and Vitamins that contribute to giving you good energy for the day, strengthen your immune system and the good fats in a Paleo diet will help with good health of arteries, maintain good skin and healthy brain function.

When you are on a Paleo diet the fats, and oils you use will not be harmful to your body because the oils used on a Paleo diet tend to be largely stable and don't go rancid like other commercial vegetable and seed oils that go rancid quickly, which brings about a toxicity to the oil that can be damaging to your body and promote negative heart health.

Eating habits really affect your sleep. People on Paleo diet, have a better overall health, this means better gut health, less bloating, less gassiness, water retention and better sleeping patterns. You will sleep better when you aren't troubled by an upset stomach, or the feeling of being bloated.

While, it may be a bit easier to give up savory foods and snacks, it can be much harder and more painful to let go off everyday desserts like muffins, cakes, cookies, and ice cream. There's a whole culture of comfort built around these desserts. Gossiping friends, lovers on a romantic dinner, or a family night of movies and ice cream, how can you make the transition to a better lifestyle easier without sugar, butter, and flour?

Let's take a peek into the world of guilt free Paleo desserts that are healthy but very tasty and scrumptious at the same time. Once you get the idea that healthy and delicious can work in combination, you will be hooked on the Paleo lifestyle forever.



# The Gluten Free Paleo Way That Is Getting Better Day By Day



There had been a time in the not so distant past, when to say the words 'Gluten-Free' pushed wierd looks. Questions regularly surfaced about glue, construction, or maybe couponing craft projects or similar ideas as the concept of 'Gluten-Free' was such a new concept. Who might have guessed a miniscule protein in wheat, barley, and rye could cause such havoc for the gut in a few of the people? And who might have imagined a diet without wheat, or where the protein had been separated somehow? Today, not only is the discourse a hot health subject, but more folk are taking a second look into gluten free recipes and exposing a good advantageous Paleo diet. Continuously, with growing abdominal sensitivities like Celiac illness, and other yeast / sugar digestive issues, this Gluten Free Paleo diet has appeared.

Many of us are still undecided precisely what all this means. With every day new options abound for those looking for techniques to try experimenting with this new Paleo way of life.

We are even beginning to see things from boxed mash to baking products with labels announcing themselves 'Gluten-Free' at the food shop. Betty Crocker even has a gluten free cake mix. In under ten years the modern diet has grown to incorporate assorted digestive system sensitivities. In a case of ten years the modern diet has gone from having this subject utterly obscure and off the wall, to having major corner shop chains carry these 'Gluten-Free' diet express products.

From lactose, to peanuts, customers are familiar with seeing divergences and alternative diets and items on the normal menu. Today, many are made to try alternative diets like the Paleo lifestyle to reduce environmental and modern-life perils and symptoms.

Today, many of us choose to try this 'Glute-Free' Paleo diet out. And when folks are selecting alternative diets like Paleo, recipes are changed, influenced, and creativeness is common. From complete obscurity to celebrity overnight, the Gluten-Free Paleo Lifestyle offers a lot of options and variety to delight the pallet. By taking a stress off wheat, barley, and rye, there are several solutions that commonly increase health. One can decide to eliminate carbs all together, focusing upon plants, or seek choices or altered gluten free, dairy free and grain free foods. Frequently a mix of these options create the most inventive, classy, and unique Paleo recipes.

Sources for Gluten-Free Paleo recipes are skyrocketing by the day, too. The most well-known alternative diet recipe advocates include the gluten free girl and the dinner diva - both are so well known now that one can simply use those search phrases and find a range of fascinating options and further info.

Cooking books devoted to this alternative Paleo diet are even a main section in most libraries and book stores now. Lots of the recipes have a tendency to focus upon 1 or 2 styles. Most stress either augmenting veggies and fruits or using alternative wheat substitutes. New grains to the modern pallet that have increased in renown with stress on dumping wheat include various kinds of rice and quinoa. While both are technically gluten free, a few individuals may still experience a hypersensitivity to these extra carb centric foods.

Even still, a good quinoa, cranberry, green apple tart salad can be most succulent coupled with a protein-rich solid like salmon and a desert wine. A diet improved with alternative foods can be quite alluring and pleasurable while enlarging anti-oxidating compounds, adding variety to your menu, and being less complicated on your gastro abdominal system. The sector of gluten free Paleo recipes is offering new choices to normal wheat.

This new Paleo diet or better yet Paleo way of life offers buyers added health benefits, new tastes, textures, and an entire world of colourful ideas. For the regular consumer facing digestive issues day in and day out, a diet with gluten free Paleo recipes and Paleo dessert recipes is improving by the day.

## Paleo & Fiber



There are some questions that we find come up all the time when we are talking about Paleo. People who are looking make the transit into the paleo lifestyle are always asking us questions related to fiber.

For example, does a Paleo lifestyle provide me with enough fiber because with Paleo there are no grains allowed? People are asking things about whole grains and fiber because they know that these foods do fight cholesterol.

People are confused about the fact that they need a certain amount of fiber into their system in order to stay healthy.

We always get the questions what are the best sources of fiber with the Paleo lifestyle.

People are also not clear about if fiber helps them keep themselves full in order to lose weight when they are on a diet.

All these questions and concerns show how people are unclear and confused about Paleo and fiber and that is the reason why we are dedicating one whole chapter to this topic because it is important to clear up the confusion before we get any further into the main content.

The best way you can start to fix your digestive tract and stomach health is by getting rid of poisonous foods for good : - Cereal grains are bad

- Omega 6 economic seed oils ( things like corn, safflower, cottonseed, soybean, and the like ) are bad - Processed soy ( like soya milk, soy flour and soy protein for example ) is bad

Many people have diverse food sensitivities, with some of the more common perpetrators being dairy and gluten. Removing a number of these items, and including fermentable foods like kefir, kimchi and sauerkraut may do the job in restoring some healthy tummy bacteria.

You may also help to boost your health by including the right kinds and amounts of fiber. The Institute of Medication commends around thirty eight grams of fiber for men, and twenty-five grams for girls roughly a day.

Though it isn't wholly important to hit these numbers, a paleo approach to eating will get you extremely close if it does not surpass them. A one thousand calorie portion of fruit and veg will offer you approximately 2 to 7 times the quantity of fiber than whole grains would. And , the majority of this fiber is from soluble sources which are far more favourable in the sense that they feed the healthful bacteria in your stomach.

Soluble fiber ferments in the tummy, and turns into short chain trans-acids that, in turn, help to grow, and feed healthy bacteria. By including more green leafy vegetables, root veg, and tubers like carrots and sweet potato, as well as low sugar fruits like berries, you can add more fiber to your diet, and improve stomach health, but improve mineral and vitamin uptake and assimilation.

Due to phytates and gluten found in foods like beans and numerous wheat-based products, many minerals and vitamins like calcium, iron, and zinc can go unabsorbed. The plants and occasional fruits on a paleo diet supply more than sufficient fiber to your body.

In fact cups of cooked broccoli would provide you with 7 grams of fiber and only thirty calories, while it would probably take 2 bits of "whole grain" that equal 120 calories to supply the same quantity of fiber.

## **Constipation and regular elimination**

If staying regular with your guts is an important concern, we suggest first looking at your water consumption. Dehydration or an absence of water is mostly to blame for a poor digestion. It's also possible the grains, dairy, and legumes you were dependent on eating caused leaky tummy. The most effective way to deal with this is by removing food most dangerous to the bowel like commercial seed oils, grains, dairy, and legumes, and by permitting the good bacteria and abdominal flora to reset themselves, and mend the tummy lining. 75 percent of stool is dry weight or dead bacteria, suggesting that fiber isn't required for bulk and elimination.

It can certainly help, but isn't a duty. So long as your body maintains healthy stomach flora, and you steer clear of food that body doesn't endure well, and high fructose foods like honey, soda, agave, breakfast bars and cereals as well as processed junk, you will be able to prevent bowel problems, swelling and gas.

## **Fiber supplementation**

Many supposed health specialists advocate taking extra fiber products to help with weight management, the lowering of cholesterol, and trots. The issue with this is that your body, or, more particularly, your colonic tract, can become hooked on these products, and need more of them. If you're following a lower carbohydrate diet, and are fighting with the constancy of your stools and cholesterol, first try slowly pushing up your water consumption by roughly 8 oz every day. Then think of adding in more starchy and fermentable foods like sweet potatoes and carrots. Eventually, if those things don't help, or if you have blood sugar issues, and can not include starchy carbs, give consideration to adding in a soluble fiber supplement like Organic Acacia Fiber, or a prebiotic like Klaire Laboratories Biotagen. In every case, begin reinforcement with a low dose, and steadily increase weekly or bi-weekly.

## **Fiber and cholesterol**

Fiber and cholesterol This could be the number one thing that frustrates me more than the rest in the world of nourishment.

We wish to kick the people that started this rumour.

We just wish to touch on a pair things here. Cholesterol isn't bad. Your body real wants it so as to operate capably. Cholesterol is employed to make cell surfaces, which are used to help each single cell in your body move, and engage with the other cells. The cholesterol you eat has just about nothing to do with the cholesterol in your blood. You eat cholesterol, and create your very own cholesterol each day. Approximately 25 percent of your daily cholesterol is from the food that you eat, and the other 75 percent is basically manufactured by your body. The majority of the cholesterol you eat and produce each day lives in your cell surfaces. It's actually serving a purpose.

Cholesterol in your blood does not imply cholesterol in your arteries. When you get your cholesterol checked, what's measured is the quantity of cholesterol in the blood. The reality is that there is not any way of knowing if that cholesterol is going to finish up in your arteries or not.

Almost all of the cholesterol you eat is pooped out. There's no other way to put it truly. Most cholesterol you eat isn't soaked up - it leaves the body in your stool. Real reasons behind coronary disease are deep set in swelling. This is due generally to the overconsumption of Omega-6 fats from grains, plant oils, and grain-fed animals. One way you may help to combat this is by getting rid of these foods from your diet, and including fitter Omega 3 fats from wild-caught salmon, bolstering with fish oil, and eating more grass-fed meat and lamb.

Rather than counting up fiber grams, mixing up high fibre supplement shakes, taking in nonsensical amounts of grains or legumes, or hunting for fake foods with added fiber, instead get back to eating real food. Stress green leafy plants,

lower sugar fruits like berries, and fermentable starchy carbohydrates like sweet potatoes and carrots, increase that water consumption, get routine exercise, and, for Pete's sake, get your rest, and practice correct stress-relieving systems like meditation. Not merely will that keep you regular - it will keep you healthy, content, and fit too.

## Sneak Peak Into The World Of Paleo Desserts

Paleo desserts can be a wondrous world of treats and tastes, if you use the right Paleo ingredients and have yummy recipes on hand to try them. It can be hard to know where to get started when you don't have an idea about Paleo ingredients. After all, what can a cupcake be without milk and sugar? What can a chocolate pudding be without actual chocolate in it? And how can a cheese cake be creamy without a giant helping of cream cheese?

Seems depressing when you think all the flavors you may be missing out on because you're removing all wheat, sugars, and dairy products from your diet. Fear not! There are Paleo substitutes for all those ingredients and more. This chapter will shine a light on all those ingredients, and give you an idea of how to use them compared to conventional ingredients used for desserts.

**Grain free flours** The key to most desserts is good quality flour. The flour can make or break a cupcake. So, what does Paleo have to offer the texture aficionados of desserts?



**Almond flour:** This is made from finely ground almonds, and gives grainier texture to desserts, but it can be substituted with other flours in a 1:1 ratio. It however, doesn't contain gluten, so while that is good for your health, you may find that it does not provide a dessert with the same elasticity and hold that gluten does with the conventional flours. Not to worry though, you can use this flour for cookies and bakes that need a grainier texture, or substitute slightly with some other Paleo flour for desired texture.

**Tips:**

Keep in mind also that the finer the almond flour is the better a baked dessert will turn out.

Keep in mind that nut flour can easily brown, so, keep the heat lower than usual and bake your dessert for longer to compensate for a lower temperature.

Keep the almond flour refrigerated, or even frozen and it will last longer.

**Coconut flour:** This is another prized Paleo flour that is approved for dessert making and give batters and desserts a good texture. You can expect a lighter and airier cupcake with this flour. However, coconut flour cannot be substitutes at a 1:1 ratio with other flours because of the rate at which it absorbs liquid. You can substitute about  $\frac{1}{4}$  cups of coconut flour with 1 cup of any other nut based, or grain based flour. With about  $\frac{1}{2}$  a cup coconut use 5 eggs and  $\frac{1}{2}$  a cup of coconut milk to compensate for the absorbent nature of coconut flour.

**Tips:**

Try adding mashed fruit for moisture in the baking.

Store your coconut flour at room temperature.

Sift your flour before using it, as it tends to be clumpy.



## **Fats and oil**

Choosing a Paleo fat that will both compliment a dessert and not contribute to bad cholesterol isn't hard when it comes to Paleo. Many healthy examples are available that both do justice to a scrumptious dessert recipe and also provide good health benefits.

Use coconut oil and butter in desserts, this is a stable oil at high temperatures and works well in recipes which call for a vegetable oil, or shortening. Earlier concerns of the amount of saturated fats in coconut oil have been outweighed by the benefits of this oil. This oil increases metabolic rate and also contributes positively to the immune system.

Use almond butter, or any other nut butter in your desserts, they add decadence and are creamy and make your baking smell amazing.

Use grass fed butter or ghee in your desserts. Additive and antibiotic free butter and ghee are high in good saturated fats.

## **Dairy:**

Use coconut milk, or almond milk. Both work well in most of the dessert recipes and provide great flavor. Coconut milk gives great coconut cream frosting that tastes amazing when whipped.

## **Sweeteners:**

There are many Paleo approved sweeteners like medjool dates, grade B maple syrup, and honey that have made the list and can be substituted for sugar in dessert recipes. Raw honey is the best of the list and considered closely approved by the Paleo diet as an organic ingredient that is good for human body and does not exponentially increase blood sugar levels in your body. Dates are great for incorporating sweetness in both baked goods and pudding and ice creams. They provide an amazing amount of sweetness, and are still good for your health.

## **Chocolate:**

Chocolate cake without cocoa?, chocolate pudding without chocolate? No way! Don't worry, the Paleo diet allows for unsweetened cocoa powder, or raw version of it called cacao powder.

Use dark chocolate with 70% cocoa content, or 85% cocoa content, or use unsweetened dark chocolate.



# Paleo Marzipan & Berry Muffins With Coconut Whipped



Cream

Let's get started so that you get into the mood as well and we hope that our scrumptious Paleo marzipan & blueberry muffins are getting you excited and moving, too.

## **Ingredients:**

¼ cup of organic coconut flour (buy in health store) ¼ baking power

¼ teaspoon of salt

a dash of organic cinnamon spice

***3 fresh farm eggs***

2 tablespoon of melted butter (organic if possible) 1 teaspoon of organic vanilla extract

***3 tablespoon of organic marzipan***

1/2 cup of fresh or frozen blueberries (all organic if possible) **Directions:**

Heat your cooker to 350 F

Grease your muffin tins with coconut oil and line them with paper. If you like to push the easy baking button to save lots of time and money, just use these reusable muffin molds from the Scrumptious & Oozing Baking Kit that you can find here: <http://answerszone.info/ILike/scrumptiousoozing>

In a huge bowl, mix all of the dry ingredients together: salt, baking powder, coconut flour and cinnamon

In another bowl mix the fresh farm eggs, melted butter, organic vanilla and organic marzipan

Mix them uniformly

Now mix the ingredients of both the bowls and form a smooth batter

Stir all of the blueberries in the batter

Grease the interior of the muffin baking dish and cook for about twenty minutes

Your delightful Paleo marzipan blueberry muffins are prepared **Ingredients**

**Coconut Whipped Cream** 1 can of fat coconut milk (organic if possible) 1 tbsp of vanilla extract (organic if possible) **Directions:**

Go ahead and mix the ingredients into a fluffy light coconut whipped cream (add some raw honey if you like it sweet) and serve with the paleo marzipan blueberry treats together with a nice mug of freshly brewed coffee, tea, or hot chocolate that fits your brand and flavor

## Flourless Paleo Chocolate Muffins With Coconut



### Whipped Cream

Lets experiment with some exotic ingredients like coconut oil, coconut milk and shredded coconut. This moist, tasty & flourless Paleo choc muffins with coconut whipped cream will motivate your loved ones keep asking you for more of this heavenly delight.

### **Ingredients:**

***1 cup of organic almond flour***

¼ teaspoon of baking soda

3 tablespoon of raw organic cacao powder ¼ cup of organic shredded coconut

2 tablespoon of softened organic butter

***2 tablespoon of organic coconut oil***

1 1/2 cup of full fat organic coconut milk 1 teaspoon of organic vanilla extract 2  
tablespoon of organic raw honey

***1 fresh farm egg***

**Ingredients for the coconut whipped cream frosting:** 1 can organic fat  
coconut milk

***1 tablespoon of organic vanilla extract***

## **Directions:**

Mix all your dry ingredients together: organic coconut and raw organic cacao powder In another mixing bowl add all wet ingredients together Now add this to your almond flour mix Fill your paper lined muffin cups with the batter and bake for 350 F for approximately 20 minutes If you like to push the easy baking button to save lots of time and money, just use these reusable muffin molds from the Scrumptious & Oozing Baking Kit that you can find here:

<http://answerszone.info/ILike/scrumptiousoozing>

Cool the muffins on a rack

Top them with your coconut cream frosting and decorate with some toasted shredded coconut and serve **Directions Frosting:**

Place a can of organic full fat coconut milk in your refrigerator with an open lid This process helps your coconut milk to thicken up and to separate from the coconut water Take the solid coconut material and put it in a mixing bowl Add some organic vanilla extract

Mix everything thoroughly until everything is light and fluffy Take a knife ore a spatula and spread this delicious cream over your muffins Serve as fresh as possible!

## Paleo Black Sesame Coconut Flour Muffins



The sound of black sesame coconut might recall some exotic adventures which is exactly what we are looking for as we are experimenting with this paleo muffin recipe: The Black Sesame Coconut Flour Muffins. What is great about it is that it only uses 6 ingredients and these muffins are very high in protein and fiber. It is quick to make, healthy and very scrumptious in taste and thus qualifies to be part of this collection. Let's get started.

### **Ingredients:**

3 tablespoons of organic black sesame powder 1/4 cup of organic coconut flour

1/4 cup of organic coconut sugar

***2 fresh farm eggs***

1/4 teaspoon of baking soda

1/2 cup of organic almond milk

### **Directions:**

Preheat your oven to 180°C (350°F) Grease and line your favorite muffin molds and tin them with paper cases If you like to push the easy baking button to save lots of time and money, just use these reusable muffin molds from the Scrumptious & Oozing Baking Kit that you can find here:

<http://answerszone.info/ILike/scrumptiousoozing>

In a medium sized baking bowl, add your organic coconut flour, your organic black sesame powder, and your organic coconut sugar, and finally the baking soda In another mixing bowl, mix together the fresh farm eggs and organic almond milk Stir this batter into your dry ingredients Lastly, divide your batter and fill your greased muffin tins Bake the muffins for approximately 30 minutes Test with a toothpick and if the tops are firm to the touch you can cool them on a rack Serve them oven fresh with some paleo cream or natural like this

## Macadamia, White Chocolate & Raspberry Muffins



We love these Paleo macadamia raspberry and organic white chocolate muffins so much because the combination of the white chocolate with the raspberries and the nutty touch of the macadamia is almost perfection. So let's get going with this scrumptious treat. We promise you one result with this one and that is one resounding: "Can I get more?"

### **Ingredients:**

2 fresh farm eggs

***2 cups of organic almond flour***

¼ cup of organic raw honey

¼ cup of organic coconut oil

***1 tablespoon of organic vanilla extract***

1 teaspoon of organic apple cider vinegar ¼ teaspoon of baking soda

¼ teaspoon of sea salt

cup of organic white chocolate chips 1 cup of organic and fresh or organic and frozen raspberries **Directions:**

Preheat your oven to 350F

Mix all your dry and the wet ingredients separately Exclude your fresh or frozen raspberries and your organic chocolate chips After the batter is done, make sure to add in the chocolate chips and the raspberries Next, bake your muffins by either using a well greased paper lined muffin tins Or use your favorite silicone muffin molds because they do not need any greasing and fooling around with paper liners Bake your muffins for around 15 to 20 minutes and check with a toothpick Cool them on a rack and serve oven fresh You might add a decorative raspberry on top of each muffin that you serve

# Banana Nut Paleo Muffins



Today finding scrumptious recipes for the Paleo lifestyle has become stylish for health aware people and those with delicate digestive tracts around the globe so here is yet another great Paleo muffin recipes that you might enjoy in harmony with your partner while respecting the rules of Paleo.

## **Ingredients:**

***4 fresh farm eggs***

1/2 cup of organic almond butter

2 tablespoons of organic coconut oil

***1 teaspoon of organic vanilla extract***

1/2 cup of organic coconut flour

1/2 teaspoon of nutmeg spice

2 teaspoons of cinnamon spice

1 teaspoon of baking powder

***1 teaspoon of baking soda***

1/4 teaspoon of salt

4 small and ripe organic bananas (mash the bananas with a fork and the more

ripe the bananas the better) **Directions:**

Preheat your oven to 350 degrees F

Grease and line your favorite muffin tin with cups or use your favorite reusable muffin molds Use a large mixing bowl and combine: the mashed bananas, the fresh farm eggs, the organic almond butter, the organic coconut oil, and lastly the organic vanilla extract Using your favorite hand blender, blend everything together until well combined Next, add organic coconut flour, the cinnamon and nutmeg spice, the baking soda, the baking powder and finally the salt Blend the dry ingredients into the wet mixture of ingredients Divide your batter into your lined muffin tins and fill two-thirds of the way full Finally, go ahead and bake your muffins for approximately 20 to 25 minutes Use a toothpick and see if it comes out clean Serve this deliciousness oven warm. If you have some paleo ice cream you can put a scoop of paleo banana ice cream or any other favored ice cream made the paleo way on the side.

## The Ultimate Paleo Cocoholic's Muffins



These scrumptious Cocoholic Muffins are very tempting and in our humble opinion this recipe should not miss on any mom's dinner table. It is simple to make, but wicked in taste! Serve these at the end of a nice dinner and your loved one will be happy happy happy!

### **Paleo Muffins:**

***2 tablespoon of organic coconut flour***

1/3 cup of organic almond flour

***2 tablespoons of arrowroot flour***

1/4 teaspoon of baking powder

1/8 teaspoon of sea salt

3/4 cup of organic berries (fresh or frozen)

***3 fresh farm eggs***

3 ½ tablespoons of organic coconut sugar crystals 2 tablespoons of coconut oil (organic if possible) 1 tablespoon of vanilla extract (organic if possible)

### **Directions:**

Go ahead and preheat your oven to 350 degrees F

Next, take a mixing bowl and combine your dry ingredients: coconut flour, almond flour, arrowroot flour and finally your baking powder Mix until combined

Combine your farm eggs, the organic coconut sugar, the sea salt, the organic coconut oil and the organic vanilla extract in your favorite blender (We are using the Nutribullet for this recipe) Add your wet ingredients to your dry ingredients and fold in your fresh or frozen berries Grease your traditional muffin molds with the coconut oil or line each one with a paper liner If you like to push the easy baking button to save lots of time and money, just use these reusable muffin molds from the Scrumptious & Oozing Baking Kit that you can find here: <http://answerszone.info/ILike/scrumptiousoozing>

Fill each muffin mold almost all the way to the top Take another bowl and combine: your tablespoon of organic shredded and unsweetened coconut, one tablespoon of organic coconut sugar crystals, one teaspoon of cinnamon spice and go ahead and sprinkle this blend on top of the muffins and before you put them into the oven. You'll soon see and smell the delicious crust.

You can take out your muffins after 15 minutes of baking Use a toothpick to test if they are baked Serve oven fresh and if you like you can put a little whipped coconut cream on the side.

## Red Berries & White Chocolate Paleo Muffins



Like raspberries, strawberries work perfectly in combination with white chocolate and both strawberries and raspberries round up the meal. In this case we picked both raspberries and strawberries in combination with some other red fruits that you can find already packed and frozen. You can find organic frozen berry mixes and this is what we use here. This is an old traditional family recipe from Germany that we transformed into the Paleo way of making desserts. We kept the measures original and authentic.

### **Ingredients:**

150 gram of organic almond meal

160 gram of organic coconut flour

150 gram of organic almond meal

200 gram of organic almond milk

2 fresh farm eggs

25 gram of organic agave syrup

***80 gram of organic macadamia oil***

**a dash of baking powder**

100 gram of organic fresh or frozen red mixed berries 200 gram of white chocolate (sugar free and organic) **Directions:**

Preheat your oven to around 180 degrees Place all your above ingredients with the exception of the red mixed berries and the organic white chocolate into a large mixing bowl Mix all ingredients together for approximately 1 to 2 minutes and on speed level 5 of your blender Next, add your red mixed berries and your organic unsweetened white chocolate into the batter and go ahead and whisk for another minute on a lower speed Grease your traditional muffin molds with some coconut oil or line each one with a paper liner Divide your batter into the molds and bake your muffins for approximately 25 to 30 minutes at 350 degrees F

Remove them from the oven and cool them on a rack Serve oven fresh with some cream on the side and decorate with the remaining red fruits

# Paleo Lemon Chia Seed Muffins

Paleo Lemon Chia Seed Muffins are not only very scrumptious but very low carb, dairy, grain and nut free. This is a totally gluten-free and refined sugar-free Paleo dessert that not only tastes good but it is a guilt free pleasure for someone who is on a diet This dessert can be enjoyed in a guilt free way and no sacrifices have to be made.

## **Ingredients:**

### ***1 tablespoon of organic chia seeds***

1/3 cup of organic coconut flour

1/4 cup of organic tapioca flour

2 tablespoons of organic coconut oil (make sure it is melted) 1/4 teaspoon of salt

1/8 teaspoon of baking soda

1/2 cup of organic coconut milk

3 fresh farm eggs

3 tablespoons of organic maple syrup 1 tablespoon of organic lemon juice 1 teaspoon of organic vanilla extract

### ***2 teaspoons of organic lemon zest***

## **Directions:**

Mix together your organic coconut flour, your organic tapioca flour, your baking soda, your organic chia seeds and the salt Take another mixing bowl and mix together the organic coconut oil, the organic coconut milk, the farm eggs, your organic maple syrup, the lemon zest and the juice and finally the organic vanilla extract Mix your wet and dry ingredients together until they combine well into a

nice batter Grease your traditional muffin molds with some coconut oil or line each one with a paper liner or use your favorite silicone baking molds Next divide your batter into the cups Bake at for 30 to 35 minutes at 350 degrees F and until the muffin tops are golden brown Let the muffins cool off on a wire rack Serve with some organic lemon preserve or jam on the side These also make great breakfast muffins with a cup of zesty lemon tea or a nice cup of Earl Grey

## Paleo Choc Hazelnut Muffins



The Paleo Choc Hazel Muffins consist of a creamy dark chocolate topping which perfectly blends with the scrumptious & oven warm nut flavor of the hazelnuts. Be careful because these delicious muffins will not last very long if you do not keep an eye on them.

### **Ingredients:**

1 package of the brand called Paleo Baking Company Hazelnut Cake & Muffin Mix or a similar brand

***6 fresh farm eggs***

1 cup of liquid organic coconut oil (make sure it is melted)

***1 cup of raw organic honey***

1/2 cup of warm water

3 oz. 72% dark organic chocolate (chopped into chunks) **Directions:**

The most important thing here is that you go ahead and read the instructions on your package of the Paleo Muffin Mix and follow through according to the instructions Combine all your wet ingredients before you are adding the dry mix Next and once everything is combined go ahead and add your chopped dark

organic chocolate Grease your traditional muffin molds with some coconut oil or line each one with a paper liner If you like to push the easy baking button to save lots of time and money, just use these reusable muffin molds from the Scrumptious & Oozing Baking Kit that you can find here: <http://answerszone.info/ILike/scrumptiousoozing>

Divide your batter into the individual cupcake molds and bake the muffins 20 to 25 minutes at 350 degrees They should be golden brown on the top and firm to the touch Remove them from the oven

Cool them off on a wire rack

### **Paleo Chocolate Topping Ingredients:**

1 to 2 tablespoons of organic coconut milk 2 cups solid organic coconut oil

***1 cup of raw organic honey***

1 cup of raw organic cocoa powder

### **Directions:**

Before you do the frosting, make sure to chill your hazel muffins in the fridge for approximately 30 minutes Combine the organic coconut oil, the raw honey and the organic cocoa powder and 1 tablespoon of your coconut milk in your favorite food processor and mix until smooth Add more organic coconut milk and until the consistency is perfect Take a knife or spatula and frost the chilled muffins Serve them immediately

Top the muffins with chopped dark organic chocolate and chopped hazelnuts We love to serve either a fresh brew of hazelnut tea or coffee with this scrumptious delight!



## Paleo Blueberry Delights



This fruity Blueberry delight treat is something for blueberry lovers. If you love your cake moist, you'll like this moist tartness of this blueberry muffin dessert.

For this recipe we love to use organic frozen blueberries in the muffins. If you like you can substitute other red berries or other chopped stone fruits instead of the blueberries.

You can also substitute more fruits for the sugar. Some bakers are trying to avoid adding any additional sweeteners to their baked goods which is fine and you can use raw honey or fruits instead of sugar.

These raspberry treats are low on fructose and gluten free.

### **Ingredients:**

1/2 cup of organic coconut flour

1/3 cup of organic coconut sugar

1 cup of organic almond flour

***2 teaspoons of baking powder***

150 gram of frozen or fresh blueberries

**2 large farm eggs**

1 1/3 cup of organic almond milk

**Directions:**

Preheat your oven to 180°C (350°F)

Grease and line your favorite muffin molds and tin them with paper cases if you like or use your favorite reusable silicone muffin molds Mix all your dry ingredients in a baking bowl Take a second mixing bowl and whisk together your farm eggs and the organic almond milk Stir the wet batter into your dry ingredients Fold in your blueberries or other red fruits You do not need to defrost your berries if you are using frozen fruits Lastly, evenly divide and distribute the batter into your muffin molds Bake the muffins for approximately 30 minutes and until they are golden in color and firm in touch Remove them from the oven and cool them on a wire rack Make sure to serve this deliciousness oven warm with a little whipped coconut cream and the rest of the berries on the side You can also serve some almond cream on the top.

**Some additional baking tips:**

Substitute, for example 1 small ripe organic banana or 1/4 cup of organic apple or organic pear puree if you'd like to add some more sweetness to this baked goods Add these fruits to your wet ingredients

Blend your batter until everything is combined well mixed Please go ahead and substitute the organic almond milk with another organic coconut milk or another type of milk and to your preferences

## Sweet Paleo Caramel Apple Muffins



These Paleo Caramel dessert muffins are gluten free and free from starch.

### **Ingredients for the Coconut Caramel Sauce:**

1 can of full fat, organic & unsweetened coconut milk 1/4 cup of pure and organic maple syrup or organic raw honey if you prefer 1/4 cup of organic coconut sugar

1 teaspoon of pure and organic vanilla extract 1/2 teaspoon of coarse sea salt

***1 tablespoon of organic unsalted butter***

### **Directions:**

Mix your organic coconut milk, the organic maple syrup or the raw honey, and your organic coconut palm sugar in a medium saucepan and over medium high heat Bring the mix to a boil and boil it until thickened and amber in color It should be reduced to 1 to 1 1/4 cups

Once you got this desired consistency mix in the organic vanilla, the salt and the unsalted organic butter Cool this mix completely

You can use this mix or store it refrigerated for around 3 weeks **Caramel Apple**

## **Sauce Directions:**

Combine 1/4 cup of this caramel sauce and one organic apple that is very finely cut Use a medium sauce pan for this

Simmer over a medium heat until your apple is tender Cool the mix and puree this mix in order to create your caramel apple sauce

## **Coconut Caramel Apple Muffins Ingredients:**

16 gram of organic coconut flour

***96 gram of organic almond flour***

1/8 teaspoon of salt

1/2 teaspoon of garam masala, alternatively you can also use organic cinnamon or organic pumpkin pie spice, too 1 teaspoon of baking powder (we also suggest Bakewell starch that is starch free baking powder) 1/4 cup of organic and melted coconut oil

3 tablespoons of organic and raw honey

1 teaspoon of organic vanilla extract

***3 fresh farm eggs***

1/2 cup of finely sliced organic apples

1/2 cup of caramel apple sauce from above

## **Directions:**

Preheat your oven to 375 degrees and grease your muffin molds and line them with papers If you like to push the easy baking button to save lots of time and money, just use these reusable muffin molds from the Scrumptious & Oozing Baking Kit that you can find here:

<http://answerszone.info/ILike/scrumptiousoozing>

Put together all your dry ingredients in medium mixing bowl Next, combine your wet ingredients in a second baking bowl Add your wet ingredients into your dry ingredients and whisk until combined Distribute the mixture into your muffin molds Bake the muffins approximately 15-20 minutes

Cool them on a wire rack

Serve these muffin treats oven fresh and warm with a topping of our lovely caramel sauce and a nice slice of apple which gives this treat an extra scrumptious flavor We love to brew a strong blend of organic apple cinnamon tea and serve the muffins together with this hot beverage

## Mini Blueberry Bites



This recipe is perfect for someone who is on a Paleo diet with cravings for some sweet delights. This recipe is totally safe and paleo diet approved so that you can enjoy sweets the guilt free way!

### **Ingredients:**

3 tablespoons of organic raw honey

***3 fresh farm eggs***

2 tablespoons of melted organic coconut oil 2 tablespoons of organic coconut or organic almond milk and whatever milk you prefer 1/4 teaspoon of salt

1/4 teaspoon of organic vanilla extract

1/4 teaspoon of organic baking powder

1/4 cup of organic coconut flour

1 cup of organic fresh or frozen blueberries **Directions:**

Preheat your oven to approximately 400 degrees Add your fresh farm eggs, your organic coconut oil, your raw honey, your organic milk, your salt and finally your organic vanilla extract and mix until smooth Combine your baking powder and your organic coconut flour Do this before you add the flour into the wet mixture Combine the ingredients together until they combine into a nice batter and before folding in your blueberries Finally, fold in the blueberries in a

delicate way Distribute your batter into your prepared muffin molds Bake the muffins for approximately 10 minutes Check with a toothpick and if it comes out clean your muffins are ready Let them cool on a wire rack

Serve them oven fresh and with a fluffy whipped cream on the side We love to serve a hot and strong blend of organic blueberry tea with cream (coconut or almond)

## Paleo Mug Cakes With Hot Fudge Sauce (Easy Done In 3



Minutes)

This recipe is very easy to make, but don't let the simplicity fool you because this one is a very delicious treat. The thing about Paleo that we love so much is that once you have enough knowledge about the ingredients that you are allowed to use, coming up with new discoveries and recipes is a real easy, creative and inspirational process that at some times can become pretty addictive because experimenting with the ingredients is just such a tempting thing.

### **Ingredients:**

3 tablespoons of raw and organic cocoa powder

***3 tablespoons of organic almond flour***

2 tablespoons of raw and organic honey

***1 fresh farm egg***

**dash of salt**

a bit of organic cinnamon spice

***1 teaspoon of organic vanilla extract***

### **Directions:**

Add all the above Paleo ingredients in a mug that is microwave safe Let the magic happen for approximately 2 minutes Didn't we tell you that this is going to be the simplest and quickest paleo dessert that you ever made on St. Valentine's day?

It is delicious though and perfect for busy people who still want to enjoy a delicious treat for Valentine's day.

You can share the cup or make two of them whatever you prefer. We love to serve an extra bowl of chilled fluffy whipped coconut cream because the mix of hot and cold is what makes this recipe so tempting.

A nice hot cup of freshly brewed organic coconut flavored coffee, tea, or cocoa makes this one a real quick n'easy delight for busy families.

# Flourless Paleo Choc Muffins With Peanut Butter Cream



## Frosting

These cupcakes are so delicious, you won't even notice that they are grain free! These ones happen to be topped with a peanut butter buttercream frosting. I know that peanuts aren't technically paleo, but in my family eating chocolate without peanut butter is practically a sin.

### **Ingredients:**

2 tablespoons of organic coconut flour 2 cups of organic almond flour

***2 tablespoons of organic coconut flour***

3/4 cup of raw and organic cocoa powder 1/4 teaspoon of sea salt

1/2 teaspoon of baking powder

***4 fresh farm eggs***

1/2 cup of coconut or almond milk

1/2 cup of raw and organic honey

1/4 cup of organic and melted coconut oil **Directions:**

Preheat your oven to 350 degrees and prepare your muffin cups.

Combine your dry ingredients from the list above Add the remaining ingredients

into the batter and whisk thoroughly Fill your cups 3/4 of the way with the batter Bake for approximately 20 minutes and cool

### **Peanut Butter Cream Frosting**

#### **Ingredients:**

***1 cup of organic peanut butter***

1/2 cup of organic raw cocoa powder

1/4 cup of organic raw honey

#### **Directions:**

Combine all the 3 ingredients in a mixing bowl Beat the ingredients with your favorite hand mixer and until everything looks fluffy Use a knife or a spatula and spread your frosting on top of the muffins Serve and enjoy with a nice and strong cup of chocolate tea, hot cocoa (made of organic and raw cocoa powder), or chocolate flavored organic coffee with a touch of your favorite cream (we love to add a hint of liquid coconut cream in our hot drink which brings out the flavor of the hot tea or coffee and it goes very well with this sweet dessert treat!)

## Paleo Pineapple, Ginger & Passionfruit Cupcakes



Now let us see how to make some zesty spiced up ginger, pineapple and passion fruit paleo cupcakes.

### **Ingredients:**

2 passion fruits (make sure to cut them in half) 225 g of organic pineapple pieces (buy it fresh and cut it up or find an organic brand with pineapple chunks)

***2 tablespoon of organic coconut flour***

1/3 cup of organic almond flour

***1 teaspoon of raw honey***

3/4 cups of organic coconut milk

***1 fresh farm egg***

1/2 cup of organic almond oil

3/4 organic marzipan

***1 teaspoon of ground ginger spice***

2 tablespoon of desiccated coconut (organic if possible)

***2 tablespoons of coconut milk***

**Directions:**

Preheat your oven to 350 degrees F

Mix the organic flour, honey, ginger, marzipan and organic coconut together in a mixing bowl Make a depth in the centre

Add your organic coconut milk, your organic almond oil, half of the passion fruit, the pineapple chunks plus some extra organic coconut milk Mix all the ingredients until smooth Lime some small 2 tablespoon capacity flat based patty pans with paper liners Evenly distribute the batter

Bake the cupcakes for approximately 15 - 20 minutes Let them cool off on a wire rack

Serve them oven fresh with a little whipped coconut cream on top

## Paleo Chocolate Pot De Creme



Even though every day is a special day in our home, we like to share this special dessert recipe with bakers who do appreciate a truly special dessert.

It is not only special, but truly decadent because it is full of rich chocolate.

It is a must have for chocolate lovers who appreciate a perfect chocolate perfection the Paleo way.

### **Ingredients:**

***1 cup of organic coconut milk***

6 oz of 70% dark chocolate (chop it into bite chunks) 2 fresh farm eggs

***1 teaspoon of organic vanilla extract***

a couple of fresh and organic raspberries for the decoration **Directions:**

Take a baking bowl and add your dark chopped chocolate, the fresh eggs, and your organic vanilla extract Blend everything in a high-power blender until the texture is very smooth Take a saucepan and heat up the organic coconut milk until to a point where it is almost boiling Make sure that it does not bubble yet

Pour the organic coconut milk into your high speed blender Blend the mixture until everything is smooth Place 4 organic raspberries in the bottom of 4 8 oz reusable muffin molds or pots or other adequate dishes like souffle dishes Pour the rich chocolate cream mixture into your molds or dishes and over the fresh raspberries Cover each dish so that it is closed

Go ahead and chill the Chocolate Pot de Cremes in your fridge and until they are cold Before serving make sure to decorate them with some shaved organic dark chocolate, some fresh raspberries and offer some extra whipped coconut cream in a separate bows so that your guests can help themselves You can offer some chilled or hot drinks that match this rich chocolaty flavor. We love to indulge ourselves with some chilled Amaretto and for those who do not drink liquor we like to offer some chilled alcohol free beverages, or a nice blend of freshly brewed almond tea with a splash of coconut cream. A nice cup of hot cocoa made from organic and raw cocoa powder is always welcome by the kids.

# Lemon Coconut Macadamia Muffins



If you are looking for something with flavor this is your recipe because the rich taste of the blueberries in combination with the lemon and nuts is like a burst of sweet deliciousness. The recipe is based on the natural sweetness that is contained in the organic coconut cream and in the blueberry fruits. The recipe is totally free from dairy, grain, sugar and it is gluten free, too.

## **Ingredients:**

1 cup of organic coconut cream (it is the coconut concentrate or coconut butter)

1/4 cup of organic macadamia nut oil (alternatively you can also use organic coconut oil) 6 pastured eggs (organic if possible)

3/4 teaspoons of baking soda

1/2 teaspoon of sea salt

the juice of 1/2 organic squeezed lemon

the zest of one organic lemon

3/4 cups of organic fresh or frozen blueberries 1/2 cup of organic macadamia nuts (chopped) **Directions:**

Preheat your oven to 180°C (350°F)

Grease and line your favorite muffin molds and tin them with paper cases If you like to push the easy baking button to save lots of time and money, just use these reusable muffin molds from the Scrumptious & Oozing Baking Kit that you can find here: <http://answerszone.info/ILike/scrumptiousoozing>

Combine your eggs, your organic coconut cream concentrate, your organic macadamia nut oil, your baking soda, and your sea salt until the mixture is very smooth Everything should be well combined

Use your favorite food processor, mixer or blender for this Add the organic lemon juice and the organic lemon zest to the batter Next go ahead and pour your batter into a baking bowl and fold in the organic fresh or frozen blueberries and the organic chopped macadamia nuts in a very delicate way Distribute your batter into your prepared muffin molds and fill each cup about 3/4 full Bake your muffins for 35-45 minutes

A golden brown top shows you that they are ready Cool them on a wire rack

We prefer to serve them oven warm because their flavor comes out so deliciously.

You can add some more scrumptiousness by adding some almond butter or cream, or some fluffy whipped coconut cream or some organic ghee if you like the Eastern kitchen and philosophy like we do!

## Strawberry Ricotta Paleo Cupcakes



Paleo cupcake recipes are easy to make and the following dessert is good for you, too!

Strawberries and ricotta cheese can be incorporated to make this great cupcake that is rich in antioxidants, high in protein, and a bit of coconut oil keeps everything perfectly balanced and moist.

This recipe is a perfect way of satisfying that four o'clock craving for something sweet. It is not sugary, but there is an underlying sweetness which is fairly addictive.

In this recipe, almond flour is used. Almond flour is tasty and high in nutrients. Apart from a huge dose of polyunsaturated fatty acids and Omega 6, which are very good for your body, it is low in carbohydrates and rich in protein.

Coconut flour is high in fiber and proteins. It is a perfect substitute for flour, and supplies the body with Lauric acid. Lauric acid helps boost the immune system, and improves the quality of your skin.

Strawberries are heavy in antioxidants and vitamins, and raw honey provides the sweetness. Honey is a natural sweetener, but you can substitute it with agave

nectar or coconut nectar, as per your liking. Honey is great for your digestion and skin.

Eggs add the extra protein, and a further addition of ricotta cheese makes this a high-protein, low-carb treat that will keep you feeling full and satisfied.

Although dairy is not generally added in Paleo diet, it is a good way of adding some probiotics to your meals which can be considered good for your tummy.

### **Ingredients:**

150 gm. almond flour

75 gm. coconut flour

150 ml. raw honey or coconut nectar 2 free range organic eggs

1 teaspoon baking powder

***1 pinch salt***

75 ml. coconut oil, melted

6 strawberries, pureed

### **Ingredients for the Icing:**

100 gm. Ricotta Cheese

50 ml. raw honey or coconut nectar

***2 drops vanilla extract***

### **Directions:**

Sift together the almond flour, coconut flour, salt and baking powder Mix together the raw honey with coconut oil, strawberry puree and eggs together Whisk the mixture well to incorporate the honey, and then combine with the dry ingredients Pour in 12 individual cupcake molds, lined with cupcake liners, till the liner is 3/4th full Put the pan in a preheated 180 degree centigrade oven Bake for 15-18 minutes, depending on your oven's temperature, till the cupcakes are done (a toothpick should come out holding moist crumbs when inserted in the center of a cupcake).

Let cool for an hour before icing

For the icing, put the cheese, honey and vanilla in a food processor and process till smooth Spread on top of each cupcake

## Paleo Pink Champagne Cupcakes



This one is a very special Paleo dessert treat and it is perfect for that special day that you want to celebrate with your loved ones.

### **Ingredients:**

1 teaspoon of organic apple cider vinegar

***1 tablespoon of organic soymilk***

1-1/4 cups of organic gluten free flour (you can alternatively use the Better Batter Gluten Free Flour brand) 2-1/2 tablespoons of organic coconut flour 3/4 teaspoon of baking soda

3/4 teaspoon of baking powder

1/4 teaspoon of salt

1/3 cup coconut oil

raw and organic honey to your taste 1 teaspoon of organic and pure vanilla extract 1 cup of your favorite pink champagne **Directions:**

Mix the soymilk and the organic vinegar and set the mixture on the side Whisk the above mix plus the organic coconut oil, the raw honey, the organic and pure vanilla extract.

Add your favorite champagne in a slow way Sift in your organic and gluten free flour, your coconut flour, your baking soda and baking powder and your salt Mix until no big lumps remain in the batter Fill your cups and bake the cupcakes approximately 18 to 20 minutes and at 325 degrees F

Check with a toothpick and if it comes out clean your cupcakes are ready Cool the cupcakes on a wire rack

### **Chocolate Champagne Frosting:**

½ cup of non-dairy and organic butter sticks raw and organic honey

1/2 to 1 cup of raw organic cocoa powder ½ cup of pink champagne

### **Directions:**

Go ahead and cream your organic no dairy butter Beat in the honey and the organic cocoa and alter with the champagne Spread your cupcakes with the frosting and garnish each cupcake with an organic chocolate dipped strawberry and put it on top of each cupcake Enjoy this scrumptious Champagne delight with a glass of pink Champagne to celebrate a happy happy happy day!

## Scrumptious No Bake Paleo Cakes



The gluten free Paleo lifestyle truly offers numerous choices and variety to delight any pallet. Some pastry chefs focus upon augmenting fruits as a technique of compensating for the absence of wheat.

Others opt to invent and depend on altered foods that either do not have gluten, or have the key protein removed. With both trying alternative foods and rocketing the amount and spread of fruits, the health is certain to improve.

The basic crux of this alternative Paleo lifestyle is to dump wheat and increase plants.

### **Ingredients:**

#### **Crust:**

1 1/2 tablespoon organic raw pure unsweetened cocoa powder 4 medjool organic pitted dates (the dates should be pitted) 1/2 tablespoon of organic coconut oil

3/4 cup of organic unsweetened coconut flakes (alternatively you can also use 1/4 cup of organic coconut flakes and 1/2 cup of organic walnuts) 1/8 teaspoon

salt

**Filling:**

***1 small ripe organic banana***

1/4 cup of full fat organic coconut milk

1/3 cup of organic coconut butter (organic coconut cream concentrate) 1/4 cup of organic coconut oil

1/8 teaspoon of salt

***1 teaspoon of organic vanilla extract***

1/2 tablespoon of raw and organic honey (alternatively you can also use pure and organic maple syrup) **Directions:**

**For the crust:**

Preheat your oven to 180°C (350°F)

Grease and line your favorite muffin molds and tin them with paper cases if you like. If you like to push the easy baking button to save lots of time and money, just use these reusable muffin molds from the Scrumptious & Oozing Baking Kit that you can find here: <http://answerszone.info/ILike/scrumptiousoozing>

Add the crust ingredients to a food processor and blend until you get a batter that is crumbly and coarse in consistency (you can always add more raw and organic cocoa powder to the batter if you like). Distribute the batter into your muffin molds and about 1/2 tablespoon of filling into each muffin cup. Press your filling into the bottom of your cups to create a crust. If there remains some extra filling, make your crust a little bit thicker. **For the filling:**

Heat your organic coconut butter

Add your remaining ingredients from the list above and process everything in a blender Add the warmed organic coconut butter and the organic coconut milk to the mixer and go ahead and process until everything is very smooth Distribute this batter into your cups and over the crusts Freeze your cups for an hour or for two hours and until everything is very firm Remove the no bake cakes from your muffin cups Store the no bake muffins in your fridge or freezer Serve them chilled like this or allow them to soften a bit for 5 to 15 minutes before serving For the decoration you can drizzle some raw organic chocolate on top of the no bake cakes **Directions for the organic chocolate drizzle:**

Melt approximately 1/4 cup of raw & organic chocolate chips in a saucepan You can also go ahead and melt some raw and organic chopped chocolate in the microwave at 10 to 30 second intervals or you can do this alternatively in a double boiler on your stove Add one tablespoon of organic coconut oil

You can also go ahead and mix equal parts of raw organic cocoa powder and pure raw honey, a pinch of salt and of organic coconut oil Sprinkle this paleo chocolate drizzle over the tops of your scrumptious no bake cakes after taking them out of your fridge or freezer A nice hot cup of freshly brewed organic and flavored coffee or tea makes this no bake treat a delight that combines a palatable sensation of hot and cold.

## Extra Dark Paleo Chocolate Pudding



This extra dark paleo chocolate pudding healthy and delicious because it boasts with antioxidants, heart healthy fats, and natural sweeteners. This is our favorite chocolate treat when it comes to healthy sweets because it is a dessert that can be served on a regular basis without having to feel guilty about it.

### **Ingredients:**

1/2 cup of unsweetened pure and organic cocoa powder

***1 can of full fat organic coconut milk***

1/2 cup of pure organic maple syrup 1/8 teaspoon of coarse sea salt

***1 teaspoon of pure organic vanilla extract***

1/4 teaspoon of organic instant coffee powder (dissolved) **Directions:**

In a bowl mix together the organic coconut milk, the organic cocoa powder, the pure organic maple syrup, the organic dissolved coffee, and the salt Bring this mixture to a boil over medium heat in a saucepan Turn that heat down

Simmer the mix for approximately 15 minutes while constantly whisking It should be thickened in texture Turn off your heat

Whisk into the mix the pure organic vanilla Cool the pudding to room temperature Finally, transfer the pudding to your favorite dishes or the practical silicone molds and serve the pudding You can also chill it even more in the fridge and serve completely chilled with some whipped coconut cream or liquid coconut cream on top of the pudding

## Strawberry Mousse à La Paleo



### **Ingredients:**

1 avocado, ripe 2 1/2 cups fresh or frozen organic strawberries 1 teaspoon of chia seeds

***1 tablespoon of organic coconut cream***

**Topping Ingredients:** Goji berries or freshly chopped organic hazelnuts

### **Directions:**

Blend the ripe avocado, coconut cream, strawberries and the chia seeds to a smooth cream Pour the mousse directly into your favorite dessert dishes or glasses and refrigerate it for an hour before serving Top the mousse with goji berries or freshly chopped hazelnuts

## Gooney Paleo Ferrero Mousse



This decadent gooney mousse should not be abused even though it is all gluten and dairy free.

The dessert still contains sugar and therefore this delightful mousse should not be part of a regular Paleo lifestyle.

### **Ingredients:**

3 teaspoon of organic raw cocoa powder

***3 tablespoons of organic hazelnut butter***

1 1/2 tablespoons of organic raw honey or organic maple syrup 2 teaspoons of organic and pure vanilla extract

***3 fresh farm eggs***

6 organic hazelnuts (chopped)

1/4 cup of organic coconut milk

**Directions:**

Heat up your organic hazelnut butter, the organic coconut milk, the organic raw cocoa powder and the organic pure vanilla extract and raw honey Stir all the ingredients together

While this is heating in the meantime go ahead and beat your fresh farm eggs in a mixing bowl Once the hazelnut mix is simmering, make sure to very carefully add your eggs while constantly stirring for about 2-3 minutes Next, remove the mix from the heat

Pour the mixture into your preferred dishes or silicone molds and let them chill in your refrigerator Before you serve, top each dish with the crushed organic hazelnuts Perfect in combination with some hot brewed hazelnut tea or coffee blend

## Decadent Dairy Free Coco Choco Whipped Cream



Decadence is the best word that describes this scrumptious dairy free whipped cream. The cream is made of rich organic coconut milk, raw and organic cocoa powder, pure organic sweeteners, and pure organic vanilla extract.

The cream is so quick and simple to make like it is unreal.

The cream is heavenly light and your guest will probably scream for more.

If you decide to decorate it with fresh strawberries, your guest will definitely feel treated like royalty It is a delicious and healthy treat not only for dinner times, but it is a great sweet to serve around tea time for enjoying a scrumptious & healthy afternoon of deliciousness!

Sometimes the coconut milk does not seem very creamy and rich in texture in this case add one additional tablespoon of coconut oil to it.

### **Ingredients:**

***2 tablespoons of organic and melted coconut oil***

a 14 oz can of organic full fat and pure unsweetened coconut milk

***2 tablespoons of organic and melted coconut oil***

1 teaspoon of pure organic vanilla extract (make sure to choose a gluten free brand) ¼ cup of pure organic maple syrup or organic raw honey

***1 tablespoon of raw organic cocoa powder***

**Directions:**

Go ahead and blend all your ingredients together until everything is combined and very smooth Chill the mixture

Serve either by itself because it is so delicious or with some berries or sliced fruits of the season You can also add it as a cream in combination with dry cake that calls for a little cream or another dessert that calls for some cream on the side This decadent cream screams for a rich blend of coffee or tea depending on the time of the day Enjoy this fluffy and delightful delicacy!

## Paleo Avocado Coconut Chocolate Mousse



If you are afraid of avocado as an ingredient in a dessert type dish, do not worry because you will not taste the avocado. This dessert is very creamy and delicious but does not taste like avocado at all. Try it out and you'll see for yourself.

### **Ingredients:**

***2 large and ripe organic avocados***

1/4 cup of pure unsweetened and organic cocoa powder

***2 organic tablespoons of vanilla extract***

1/4 cup of organic coconut cream (use the cream that is on the top) some pure and raw organic honey some whipped organic cream (optional and for people who do not follow Paleo to the strict rules) some organic chocolate nibs or shavings for the decoration some organic berries

a sprig of organic mint (and totally optional) **Directions:**

Go ahead and blend your avocados, the organic cocoa, the organic coconut cream and the organic vanilla extract in your food processor or with a handheld mixer in a mixing bowl Add your raw organic honey as a sweetener and to your taste Distribute the mixture into your favorite dishes, silicone molds, martini or

wine glasses Make sure to layer the mousse and the berries (one layer of berries and one layer of mousse) Top the dessert with your organic whipped cream (if you are not 100% Paleo), or use some paleo coconut cream alternative like whipped coconut cream and decorate with the rest of your organic berries the mint spring and some organic chocolate shavings

## Raw Dark Chocolate & Coconut Mousse With Coconut Milk Whipped Cream With Berries à La Paleo



Health experts often suggest that a creamy Greek style yogurt mixed in with fresh red berries is a very reasonable indulgence dessert option for health-conscious people who still like to eat desserts.

This paleo dessert puts Greek yogurt into second place in the dessert category for creamy and rich taste.

This raw chocolate & coconut mousse takes the number one because it is a fluffy whipped cream that is layered with red berries.

The whipped cream is entirely made from organic coconut milk and there are no dairy and added sugar.

For the chocolate we go with the philosophy the darker, the better. Let's get started.

### **Ingredients:**

1 15 ounce can of organic full fat coconut milk a cup of red mixed berries

4 ounces of organic dark chocolate (melted and cooled) **Directions:**

Put your can of organic coconut milk in the fridge overnight Scrap off the solid top layer of creamy coconut Next, go ahead and whip up your organic coconut cream with a hand held mixer until it has a very fluffy and airy texture Mix for approximately 5 minutes

Go ahead and whisk your melted chocolate into your whipped cream Chill this delicious chocolate mousse before serving it Like this you get a thicker texture

Decorate the top with some left over berries and a splash of fluffy white cream

## Paleo Coconut Date Mousse



This Coconut Date Mousse is divine and it comes out the better the fatter the coconut milk that you are using. The dates provide the fiber for this Paleo dessert.

### **Ingredients:**

1 can of organic coconut milk (pick an unsweetened brand which is gluten free)  
7 organic dates (big size)

***1 tablespoon of gelatin***

1/2 cup of fresh source water

### **Directions:**

First, dissolve 1 tablespoon of gelatin in the source water. Slowly add the gelatin into the water with a fork or other baking supply and thoroughly do this until the mixture becomes a gel consistency. Next, add the gelatin mix to a saucepan with organic coconut milk. Heat it up until you see some steam that starts rising. Under any circumstances do not boil that mixture or you will ruin your gelatin. This procedure above will make sure that your gelatin is dissolved properly. Next, add the liquid and the organic dates to your blender. Go ahead and taste if you like.

the flavor and you can add some extra organic dates if you desire Chill the mousse in your fridge for 4 up to six hours and until the mousse is very firm If you are really in a hurry you can replace the fridge with your freezer to cut the time For the freezer you only need 30 minutes in order to bring the mousse to a firm consistency

## Simple Paleo Chocolate Mousse



This scrumptious Paleo chocolate mousse only takes 5 ingredients to make. Best of all it can be created as quick and easy as 5 minutes tops. If you are a real Paleo freak like we are you might as well have all the ingredients in store which makes this even a quicker and more enjoyable experience.

The preparation is 5 minute quick and easy, but you still have to add some time for the cooling in the fridge. If you want to accelerate and speed up the process, use the freezer and this will reduce your cooling time from one hour to 15 minutes.

We suggest to whip up this mousse just before serving the dessert.

### **Ingredients:**

1 cup of organic and soy free dairy free organic chocolate chips or chunks 1  
pastured egg (organic)

2 tablespoons of either hazel liquor, or coffee liquor, or any other kind of  
liquour you like 1/4 teaspoons of sea salt

2/3 cup of canned organic coconut milk

## **Instructions:**

Add your organic coconut milk into your saucepan over a medium heat Put your organic chocolate, the organic egg and the liquor into a mixer and blend several times until all ingredients combine well When the organic coconut milk is very hot (do not boil), go ahead and pour the milk over the chocolate mix Blend everything until very smooth

Pour your Paleo mousse into 4 dishes or silicone cups You can also use demitasse cups or souffle cups Go ahead and refrigerate your mousse for one hour and until it is well chilled and set If you do not have one hour use your freezer to your advantage and this will only take around 15 minutes.

We always serve some fluffy organic whipped coconut cream on the side and brew our favorite organic flavored blend to go with it.

# White Chocolate Macadamia Nut Paleo Smoothie



This white chocolate macadamia paleo smoothie is yet another paleo recipe that is also low in carbs and gluten free.

## **Ingredients:**

1 cup of unsweetened organic almond milk 1/2 cup of vanilla greek yogurt ( if not available you can even use fat free frozen yogurt)

***1 small and ripe organic banana***

2 tablespoons of white organic chocolate chips

***2 tablespoons of macadernia nuts***

1 tablespoon of flaxseed ( linseed meal)

***1 teaspoon of white chia seeds***

1/2 teaspoon of cinnamon spice

***6 ice cubes***

## **Directions:**

Place all the ingredients of the smoothie in a blender and blend until they become creamy and smooth Another unique way to serve this smoothie is to serve this with a thin top layer of strawberry mouse garnished with blueberries The rich texture of the smoothie contrasted with the sweetness of the strawberry and the hint of acidity from the blueberry gives this recipe an amazing balance of flavor Needless to say the white and pink layers contrasted with the blue blueberries on top makes this recipe incredible to look at as well

## Coconut Almond Paleo Smoothie



### **Ingredients:**

1/2 cup of organic Almond Milk 1 extra small ripe banana (organic) 1 organic lime (juiced) 1/4 cup of organic & salted macadamia nuts

***2 tablespoons of organic cacao nibs***

1 tablespoon of organic coconut palm sugar 2 teaspoon of cinnamon spice (organic) some ice cubes and to your liking **Directions:**

Add all the above ingredients into your favorite blender Blend until smooth  
Enjoy!

# Creamy Paleo Coconut Macadamia Coffee Smoothie



The Paleo diet is one of the most healthy diet options that has many health benefits. One thing that people following a paleo diet often complain about is the fact that they cannot indulge in their favorite desserts and smoothies while following this diet. There is no need to worry anymore. You can simply alter some ingredients of the smoothies like dairy products and sugar. You can consume a vast variety of smoothies that are not only delicious but also Paleo proven. Hence, the next time you throw a party you can serve healthy smoothies as desserts to your friends as yet another healthy dessert option.

## **Ingredients:**

3/4 cup of organic coconut milk 1/2 cup of cold organic coffee 1/4 cup of organic avocado 1/4 cup of organic macadamia nuts 1/4 cup of ice cubes

2 scoops of stevia or raw organic honey to the taste **Directions:**

Add all the ingredients into the blender and blend until a smooth consistency is attained Garnish it with a few macadamia nuts and almond flakes for an added texture This smoothie is also a great idea as a low carb breakfast recipe as it uses coconut milk instead of full fat milk and uses stevia which is a low calorie substitute for sugar. If you do not like the idea of stevia you can instead use raw organic honey Hence this is also a dairy free and gluten free breakfast recipe that you can enjoy together with the person that is closest to your heart!

# Creamy Coconut Maca Raw Chocolate Paleo Smoothie



This smoothie recipe has a great depth of flavor as it uses cinnamon and vanilla and poppy seed paste.

This smoothie recipe is a great option for paleo smoothie recipes. Not only is it absolutely incredible to the taste, but also extremely healthy as the ingredients are picked keeping the paleo diet in mind.

## **Ingredients**

***1 cup of organic coconut water***

1/2 cup of almond milk

***1 small frozen and ripe banana***

1 tablespoon of raw unsweetened cocoa powder

***1 teaspoon of macadamia powder***

1/2 teaspoon of organic poppy seed paste 1/2 tea spoon of pure organic vanilla paste 1/2 teaspoon of organic cinnamon spice

***1 tablespoon of desiccated coconut***

**Directions:**

Blend all the ingredients until the desired consistency is attained Transfer the smoothie to the serving glass and garnish with macadamia nuts and desiccated coconut on top

## Chocolate Cocoa Macadamia Coffee Smoothie



Another smoothie recipe which is a hot favorite for paleo smoothie recipes is the chocolate cocoa macadamia coffee smoothie. The recipe has a very rich texture with a mild flavor. Also considering the recipe uses fat free frozen yogurt instead of ice cream, one can happily enjoy this recipe while keeping the extra calories at bay.

### **Ingredients:**

***2 small and ripe organic bananas***

1 cup of fat free frozen yogurt (organic if possible) 1/2 cup of organic chilled coffee

***1 cup of almond milk***

2 tablespoons of unsweetened and organic cocoa powder 1 cup of light whipped coconut cream **Directions:**

Add all the smoothie ingredients except the whipped cream to a blender and blend till everything becomes smooth and creamy Transfer the smoothie to a serving glass and top it with the light whipped coconut cream, but if you would like to keep the flavor of the coffee pure you can also enjoy the smoothie without the extra coconut topping!



## Conclusion



As you can see dessert recipe like the ones you just went through can liven the tastes, offer increased nourishment, and surprise even the most complex pallet. The choice of the world of Paleo desserts and its ensuing cookbooks is getting bigger and more grand by the day. This awesome Paleo diet and way of life offers health benefits like increased anti oxidising compounds, new textures and tastes, and a colourful arena of new baking and dessert recipe concepts.

By any standards, the arena of gluten free, grain free and dairy free Paleo recipes is expanding and improving lives every day.

Finding the right kind of dessert that appeases your taste buds should not be a problem with the decadent examples of desserts that can be whipped up with Paleo ingredients. Not only are they fresh, but these recipes are quick and easy to make even for the busiest of the busy people.

This book was meant to give you a peek into the world of Paleo desserts, and these recipes are by no means the complete look at the versatility of Paleo ingredients. Paleo might be somewhat limited approved ingredients, but it is by no means limited in providing taste to your favorite desserts.

Making the change over to a Paleo way of life can be a big change and can take some getting just to, but the health benefits are unrivaled and far greater than not accepting the challenge and putting your health before processed food cravings.

The 'craze' of Paleo as you will discover with your increased knowledge of the Paleo diet is not just a craze, or a fad diet that will eventually melt away into the unknown depths of forgotten failed diet fads. Paleo is here to stay and steadily rising in popularity. What you can do to get a better feel of what you are getting into is gain as much knowledge of the ingredients and Paleo concepts that bring

about that wonderful change in your life that everyone else who has been getting positive results from the Paleo lifestyle has been experiencing.

Hopefully by now you do understand the true significance and meaning of the Paleo lifestyle and hopefully you can see what the Paleo lifestyle can do for your own health and happiness.

As mentioned before, Paleo is not a diet. A diet has limits, but the Paleo way of thinking can be adapted to everything related to food, recipes, baking and cooking that your mind desires. Be as creative with it as you like, but just respect the Paleo rules that you can refer back to in the beginning of this book.

We chose to demonstrate Paleo with dessert recipes so that you do understand this powerful lifestyle that you can create for yourself. Usually, dessert recipes are associated by society with guilt and shame, but at the same time with pleasure. To show you the power of Paleo we chose the toughest type of food that is desserts in order to show you how paleo can even be applied to sugar and guilt loaded desserts.

As you got started reading the book, you probably thought guilt free desserts no way and it looked impossible and suspicious to you to turn desirable desserts that are associated with guilt into something guilt free.

This book is going to enable you to figure out the problem how to turn any desired food type like desserts into a pleasure that is guilt free because it respects the rules of the Paleo lifestyle.

Once you have figured out this problem you are in the zone, at least mentally, so we congratulate you on reading through the book and getting the knowledge that you need in order to make this lifestyle change a successful one.

Make sure to go to the next step and that is taking action. Make sure to have a clear goal in mind and get started with one or two recipes and explore more from

there.

Now you have learned that Paleo is not something like a diet that comes with limits, but you have been able to see with your very own eyes how even desserts that we desire and love eating but that we have been conditioned not to eat so much because they are bad for us can be turned into an exciting new experience that is far away from feeling guilty about something like desserts.

We encourage you to explore this lifestyle further on your own and have fun to find out many other guilt free Paleo recipe applications for yourself. This knowledge empowers you to explore new levels and dimensions of eating that you have never thought possible before.

Do not let anybody tell you that this is not the way to go. Do not become discouraged if little things do not turn out right once in a while. Keep trying until you reach your goal. Once you are able to see it and apply it to your daily meal plan, you will never want to go back to your past eating habits.

Once you are able to apply Paleo to all your food choices, you will feel the magical power of Paleo and that is when you are living the Paleo Lifestyle!

## Extra Bonuses

To make your Paleo lifestyle even more exciting we have included some additional bonuses below for you to check out. These bonuses are complementary to the book and are meant to add some more valuable items that you might find helpful as you are going through your Paleo exploring phase.

They are just there to give some additional guidance on things like healthy eating and healthy food ingredients, inspirational moments, dessert making and baking supply resources that might come in handy as you are making these wonderful paleo dessert recipes, as well as some other helpful ideas that relate to decorating, storing and serving desserts.

These are some optional reads and are not necessary at all because by now you have enough knowledge about Paleo desserts and most importantly you know how to turn a guilt and sugar loaded dessert into a guilt free pleasure because you are empowered by a system that you can apply whenever and wherever you like.

We have even included our secret couponing method for you to double your baking fun.

Also make sure to check out our upcoming new book releases that are going to be part of our Oh So Scrumptious & Oozing Paleo series that we will be continuing.

We will be adding our new book releases to the More Information chapter in the end of this book as soon as a new book release become available.

You can also check out our Facebook page where we announce new book releases, too!

You can check Amazon on a regular basis for our upcoming book releases, or you can get access to our free Paleo lifestyle membership where you will get even more Paleo lifestyle pleasures, including a regular prize giveaway of "Oh My Favorite Paleo Things" that includes books, gadgets, baking gear, and all kinds of cool baking supplies and brand new technology.

Inside you will receive many delightful goodies that will help you with your Paleo lifestyle and Paleo cooking and baking in a big way.

To get to the links in order to get access to our Paleo Pleasures and to connect with us, please check out the More Information section below.



## Baking Supply Secret Couponing Method To Save Time & Money



If you like to continue your path of learning more cool stuff about how to save money as you are going about your baking passions, you can do that via our interactive couponing system that you can find and download below.

You can click the link below to download our secret couponing device (just apply it to all your baking supply expenses and you are good to go!). You can use it on your computer on a daily basis in order to enjoy a life with less expenses and more baking fun!

Our interactive couponing device is totally free for you because you bought this book, and we are always adding more value and more bonuses for you because we want to give you the most valuable and usable reading and learning experience.

We are constantly throwing in new, updated, and helpful stuff into this device. We first tested it out ourselves and once we have successful results we update the device so that everyone can profit from the knowledge.

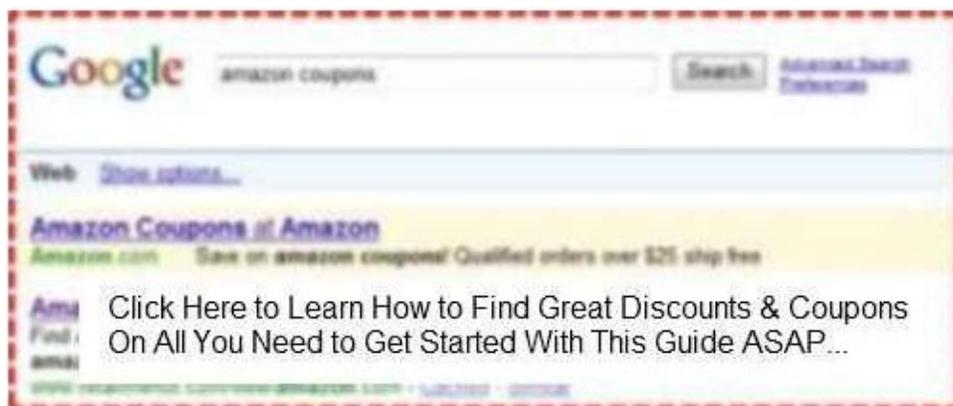
In order to get your own interactive couponing device on your own computer, you just have to download the program via the link below.

As we said above, we are constantly adding more helpful and valuable couponing tips, hacks, techniques, and ways to this program. It gets updated on a regular basis to reflect the latest trends and technologies that are available for couponing.

We will be sharing these kind of tidbits, hacks, and nuggets that will give you the results so that you can operate and enjoy your baking on a more cost effective and cost productive level!

Use our interactive couponing system today and enjoy your baking projects even more by applying these secret techniques of couponing...

[Click here to get started with more cool baking nuggets!](#)





# Baking Cakes, Muffins & Cupcakes With The Proper Baking Gear



## **Rule 1: Smaller Or Regular Size Is Better Than Novelty & Uniquely Shaped Size**

If you have an interest in buying some silicone baking molds, or if you'd like to be better at utilising the ones you have, keep these pointers and tricks under consideration. We have discovered that the smaller and regular sized silicone muffin molds do bake the most perfect muffins and cupcakes. If you purchase anything, we'd endorse selecting these.

If you only buy one sort of silicone baking cups, get the ordinary, cupcake-sized ones. If you are pleased to get 2 different types, we heartily advocate the minimuffin cups. Because silicone molds are so flexible and cheap, there are a large amount of specially-shaped like stars, angles, and many other forms that one can buy. While they are lovable, we suggest keeping away from them and only use the original muffin cup and cupcake cup forms because they work best.

In the name of viability, we suggest going with only 1 sizeable baking mould or a matching set made up of multiple baking molds that will accommodate a full recipe. It may be displeasing to realise this, but novelty and uniquely formed silicone baking molds are most of the time just an impulse buy. If you do finish up getting two of novelty molds, a technique to make a full recipe's worth of cake or some other bread-like concoction is to assemble a set of different baking molds, or to have additional silicone baking cups available to make little muffins or cupcakes with the batter that does not fit into your novelty formed silicone

baking mould. It's sweet to have these additional nibbles available, regardless of whether they are not specifically formed, and make for fun leftover treats.

## **Rule 2: Grease Larger Pans**

Like we mentioned silicone baking molds are additional convenient because they do not generally need greasing. Still, some baking molds, particularly the bigger ones, still need buttering, greasing and flouring. Yes, it is a bother, but it creates a difference, particularly because cakes baked in bigger silicone baking molds are at a higher chance of cracking in the elastic molds than they'd in metal pans. Flouring and greasing pans can be awe-inspiring though-one thing we do is substitute cocoa powder for flour when we are baking chocolate cakes. It makes a contribution to a better exterior appearance and is additional fun to lick out of an emptied pan.

While only bigger pans truly need greasing, it's simpler to clean smaller silicone muffin cups when they have been greased. Completely flouring and greasing these cups isn't obligatory, but you could consider spraying the molds with stain resistant cooking spray.

Alternately, you can keep them completely clean by putting paper baking cups within them and just utilising the silicone cups for structure.

Cleaning bigger silicone baking pans is pretty straightforward, but cleaning the littler ones, particularly the minimuffin cups, is tougher, particularly because there are so very many of them.

The most effective way we get round to washing these is to right away throw the empty cups into warm, soapy water, let them soak, rub the crumbs out of them, and then wash them and let them dry.

After they are dry, we may give the cups an extra wipe with a humid fabric,

particularly if I have made tasty muffins in them, because they are likelier to harbour some leftover grease.

Silicone baking molds are good for more than making cakes and muffins. So do not simply make candy with your cups, but use them for all they are worth. They are perfect to serve pudding, tiramisu, creams, soufflés and many other creamy desserts. We also use them to store yogurt, sauces and other liquid ingredients that we need on a daily basis. Ice creams or parfaits make a perfect match with these cute molds, too.

As well as baking both sweet treats and savoury nibbles in silicone baking cups, we suggest using them ( again, typically the littler ones ) for more than baking. They make great tiny serving cups for parties.

You can put tiny nibbles in them like jellybeans, nuts, and little candies, and because they come in such lovable shapes and colours, they can truly fancy-up a party platter. The additional benefit here is that, unlike the other tiny serving cups, they're washer-friendly and re-cyclable.

They also serve as internal organizers for lunchboxes and they are perfect for storing purposes.

Children just love them and this is how you can make them become interested in kitchen and baking related topics.

### **Rule 3: Flexibility & Be Open To More Than One Baking Supply Solution**

What actually got us going on silicone baking molds wasn't an attraction to their fun shapes and bright colours, but instead the possibility of having the ability to make muffins and cupcakes in a tiny sleeping area kitchen, where we truthfully

didn't have the space for a metal muffin pan. This was a project that we did for one of our client and this is how we came up with the idea of reusable silicon molds within our own cake catering business.

The nice thing about these baking cups and molds is they stack brilliantly and take up about as much space as an espresso or coffee cup ( dependent on their size ). This means you can use these cups as an excuse to get shot of some of your weightier baking pans. Having said that, we suggest clinging to your old style metal cake pans. We have both metal and silicone cake pans and apply the ones that are most practical in relation to the baking task at hand. Having available all the options is always the best way to go and we suggest using whatever is more practical for your own baking project.

When it comes down to bigger cakes, it's much better to have a stiff, more supportive material and in this case we would not recommend the more flexible silicone molds.

The one time in which we'd advocate the acquisition of a bigger silicone cake pan is if it is a specifically formed novelty pan and if you cannot find the same shape in a metal pan.

So as a general rough guide, we'd choose metal pans when handling bigger confectionary treats and use our own flexible silicon molds when it comes to smaller treats like cupcakes and muffins.



# Step By Step To Baking The Perfect Homemade Goods



**1 :**

Prepare the silicone cupcake molds but condition the silicone cupcake molds before their first use. Wash them in warm soapy water and wash them well. Next, coat the liners with an insubstantial layer of plant oil or nonstick spray. This strategy of "seasoning" the liners this way may simply be required for the initial few uses.

**2:**

Prepare the stove and heat the stove by following the directions for the cupcake recipe. Next, adjust the rack in order that it's sitting in the middle of your oven.

**3 :**

Heat the cupcakes. Make the batter according to your recipe. Place a baking sheet on a level surface like a counter top or table. Position the silicone cupcake molds on the sheet. If preferred, slip into the slots of a muffin tray. Fill the silicone cupcake molds . Employing a ladle, fill the liners 2/3rds of the way with the prepared cupcake batter.

Some molds have a marked fill line.

Heat the cupcakes. Slip the cookie sheet supporting the silicone bakeware into your oven.

Check the time. When using silicone liners for the 1st time, it is crucial to watch the cupcakes meticulously, as baking times may alter a little from your ordinary cooking utensils.

Test the cupcakes to determine if they are done by inserting a toothpick or skewer into a cupcake. The cupcakes are done baking when the toothpick comes out clean.

Remove your cupcakes from the oven. Use a range mitt to hold the cookie sheet as you take them out. Be cautious. Silicone bakeware cools quick but it'll be extraordinarily hot when you first remove it.

Remove the cupcakes straight away from the molds. Once cooled, serve and enjoy your cupcakes immediately or store them.

**4 :**

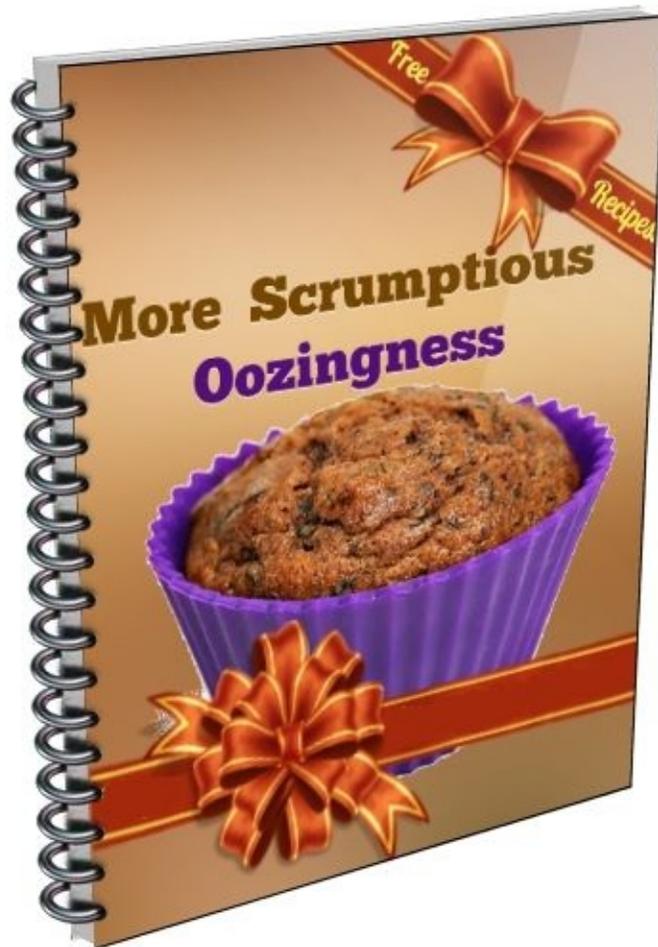
Clean the silicone cupcake molds. Load the liners into the dishwasher or wash by hand with warm, soapy water. Given the silicone muffin molds are made from a flexible material, you can turn the silicone bakeware inside out to simply clean them.

Stack the dry and clean silicone cupcake liners within each other to store.

**Tips:**

Always remember silicone bakeware can safely go from one intense temperature to another one, so think of utilising your liners for making frozen treats that you can put in your freezer as well as baking cupcakes.

## More Scrumptiousness



Dear Scrumptious & Healthy Paleo dessert lover!

If you'd like to get some more healthy & delicious dessert recipes like you find them here in the book, you can download many more of our Scrumptious & Oozing dessert recipes that are healthy and guilt free for free.

We love sharing and giving back to our wonderful customers, subscribers and friends.

Make sure to click the link below to get your copy of More Scrumptious Oozingness. This offer is going to be available for a very limited time only so make sure to access your copy today!

[More Scrumptious Oozingness](#)

Enjoy!

Oh So Scrumptious & Oozing and Ginger Wood

## More Information



**If you enjoy our work, please feel free to join our facebook pages at:**  
<http://www.facebook.com/ohsoscrumptiousoozing>

**You can also follow us on Twitter and Youtube:**  
<http://twitter.com/OSoScrumptious>

[Oh So Scrumptious And Oozing](#)

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Best wishes in your endeavors!

Oh So Scrumptious & Oozing and Ginger Wood

## About The Author



Ginger Wood was born in Germany and raised in the US and London where she studied at London and Los Angeles universities and where she discovered American desserts.

After working for ABC News in the US and enjoying American desserts so much, she decided to set up her baking brand called Oh So Scrumptious & Oozing.

Her home-cooked muffins, cakes, tarts, cupcakes, pies, brownies and other high-quality American desserts are a huge success among her friends and family so that she decided to turn her passion into a profitable entity.

Oh So Scrumptious & Oozing was founded in 2013 by Ginger Wood.

Among her fans she is best known for her collection of family-friendly, community-style cookbooks and craftbooks. No matter what the problem is on hand, Ginger is able to break down topics like paleo recipes, holiday recipes,

slowcooker recipes and many more into easy and quick to fix, no fail & no tear, scrumptious & healthy and no guilt type of recipe solutions that are very usable and consumer friendly. She loves helping people discover pleasurable moments with baking and cooking that ultimately lead to a healthier and happier lifestyle.

Each book is charming and heart warming, but created with one single goal in mind. Help today's time-strapped, budget-conscious families. She fixes every kitchen, food and household related issue with her fix it mentality without sacrificing the good taste!

Her books are filled with satisfying, scrumptious, and oozing recipes that she has collected over the years and adapted to the reality of today.

Along with treasured family recipes, each of her books includes the stories that go along with these proven and tested recipes and the usability that comes out of it which is critical for today's consumers.

The goal of Oh So Scrumptious & Oozing is to grow from a home based kitchen-table operation to become a nationally recognized best-selling publisher and helping individuals who are new as well as the advanced users.

Check out all the Oh So Scrumptious & Oozing books below and [visit their fanpage](#): to get your free share of scrumptious & oozing recipes that are going to fix your cooking and baking deliciously!

You'll love the Oh So Scrumptious & Oozing Lifestyle as soon as you learn how to do it the easy fix way that will save you hours of work, plenty of tears and that will bring lots of scrumptious & oozing moments onto your table!



## Resources



**Oh So Scrumptious & Oozing Paleo Baking Kit:**

<http://answerszone.info/ILike/scrumptiousoozing>

**Oprah's Favorite Baked Good:** [Her Fav Baked Thing](#)

**Baking Time Safers:** <http://answerszone.info/ILike/awesomenessforbakers>

**Stress Free Baking:** [Stress Free Baking](#)

**Freezing Food Tips: Tips Freezing, Decorating, Storing, Serving:**

<http://answerszone.info/ILike/storingmuffins>

**Best Online Tool for Recipe Note Taking:** <https://evernote.com>

**Tips for Taking the Stress Out of Baking:**

<http://answerszone.info/ILike/nostressbaking>

**Baking Checklist:** <http://answerszone.info/ILike/bakingchecklist>

**Online Baking Courses:** <http://answerszone.info/ILike/bakingcourses>

**Baking Calculator Tools To Save Time:** <http://www.mykitchencalculator.com>

**30+ Time-Saving Kitchen Tools:** <http://answerszone.info/ILike/coolbakingtools>

**Cool Paleo Apps:** <http://primaltoad.com/apps>

**Cool Baking Apps:** <http://answerszone.info/ILike/amazingbakingapps>

**Recipe Templates For Download & Easy Reference:** <http://www.chefs-resources.com/Recipe-Templates-Excel>

**Printable Cookbook Templates:** <http://office.microsoft.com/en-us/templates/recipe-cookbook-TC103462862.aspx>

**Decorating Ideas For Desserts:**  
<http://answerszone.info/ILike/awesomedecoration>

### **Top 10 Paleo Recipe Sites:**

These top 10 Paleo sites are a good starting point for beginners because they offer answers to questions like what Paleo food plan should I rely on, what exactly should I eat, what is a proper Paleo breakfast, what are good bread replacements, am I allowed to eat bread and potatoes?

Once you've a Paleo beginner has adjusted his or her mindset and understod the concept of Paleo, it is really very easy to make eating the Paleo way a habit. Even the advanced users get stuck sometimes. This is the reason why we

included these top 10 Paleo sites to give beginners and advanced users some unique new ideas.

These are really the best Paleo sites and resources we have been able to find so far and we use them for our own Paleo lifestyle.

<http://nomnompaleo.com>

<http://www.paleocupboard.com>

<http://www.healthhomehappy.com>

<http://paleomg.com>

<http://www.healthhomehappy.com>

<http://eatdrinkpaleo.com.au>

<http://stupid easypaleo.com/recipe-index>

<http://www.elanaspantry.com>

<http://fastpaleo.com>

<http://www.healthhomehappy.com>

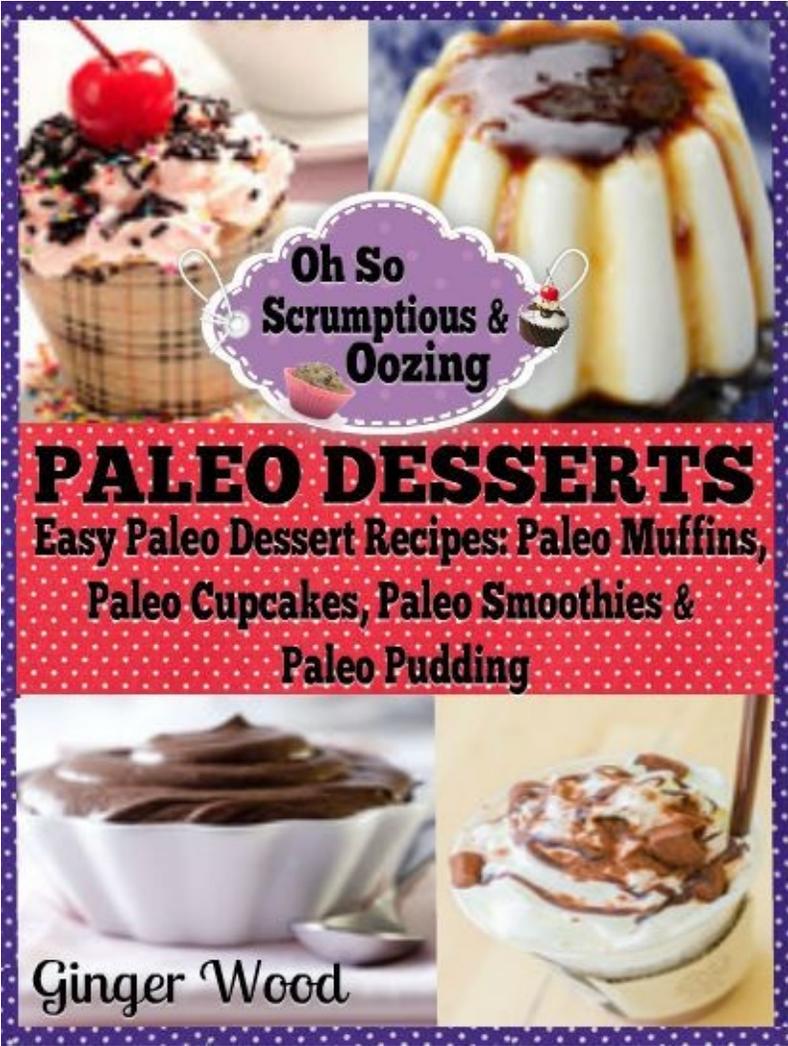
<http://civilizedcavemancooking.com>

<http://fastpaleo.com>

<http://www.thefoodee.com>



Book 2: Paleo Dessert Recipes: Paleo Muffins, Paleo Cupcakes, Pales Smoothies & Paleo Pudding



## Free Bonus

Paleo Giveaways... My Favorite Things That You Can Win... Learn How To Make Guilt Free Paleo Desserts...

Click Here **Get Free Access Today...** Click Here

To get access to The Unforgettable Paleo Moments where you will get even more Paleo lifestyle pleasures, including some magical "Oprah" Paleo Favorite Things and other delightful guilt free Paleo goodies that will help you with your own Paleo experience in a big way, check out the link below...

More Paleo Moments...[Unforgettable Paleo Pleasures](#)

## ***Introduction***

The human diet is a diverse range of flavors and preferences, and has evolved enormously with time. 10,000 years ago cavemen used to hunt for food and devour vegetables and fruits that grew on land. They fished from the sea and hunted wild beasts for their meat. This has been referred to as the Paleolithic era that advocated an organic diet that sufficed to say, was regarded as the diet for optimum health by scientists and doctors. Since, the emergence of agriculture, various toxins and additives have made their way into our diet and have started a chain reaction of several different medical problems like immune system disorders, celiac diseases, and other autoimmune diseases that overtime can cripple human health.

The purpose of this book is not just to take a look at the Paleo diet as a serious health upgrade diet, but it is also to take a peek into the world of Paleo desserts because most people wrongly assume that being on a Paleo diet means you can't have desserts. Let's face it we don't know what desserts were available to the cavemen in their time and it could be really hard to grasp that once you're on a Paleo diet you won't enjoy a cupcake again.

This is the very point with which most scientists and nutrition experts have a beef about with the Paleo diet. They counteract Paleo diet principles with damning views over how due to the vast evolution of human diet, reverting back to a caveman's diet is not something that is altogether doable. Cavemen never had our technology, or ability to cultivate grains and wheat. In the opinion of modern nutritionists, the caveman diet is as obsolete as a typewriter with the explosion of new technology. While, they are right to establish that the human tastes and flavors have expanded to new levels that were beyond the scope of cavemen, the Paleo diet isn't really about being a caveman, it's about adapting our diet to meet the organic goodness that sheltered human beings 12000 years ago, and nurtured their bodies with nutrition value that is quite frankly lacking in processed foods and produce of today.

No, Paleo does not mean you go cold turkey on desserts. In fact, the Paleo diet encourages desserts made of organic and fresh products that don't just serve as empty calories, or make you slave to overeating with their high fructose sugar content. Another modern day sucrose conversion that is addictive and present in most foods and drinks, drinks especially, due to its solubility level.

Let's take a look at what the Paleo diet is and what it has to offer.



## What Is Paleo & What Will You Learn?

The Paleo diet is one of the most unquestionably interesting diet concepts that have racked up the points in the last few decades. Everyone from celebrities to the general public are adopting it left, right, and center, as the secret of their healthy glow. Health diets and fad diets generally tell you to skimp on desserts, or just altogether forego the bite of a heavenly cream doughnut, but you would be happy to learn that the Paleo diet is one such diet that does not dissuade you from eating those comfort goodies. It in fact, encourages your sweet tooth, but with some adaptive changes that allow for organic ingredients to make up decadent treats that leave your mouth watering for more.

There are several reasons you may have decided to go for Paleo as a lifestyle change, but the need for a dessert treat every now and then remains constant.

So, what is this book about?

This book will tell you why Paleo is the craze now?

This book will tell you ways in which the Paleo diet will change your lifestyle for the better and turn guilt into guilt free

This book will tell you what ingredients to have in your kitchen as a staple for paleo dessert pleasures

This book will give you 12 scrumptious paleo desserts (paleo muffins, paleo cupcakes, paleo smoothies & pudding paleo dessert recipes) that you probably desire right now and you will learn how to make these guilt free paleo easy desserts in a quick, easy, and no fail fashion

Based on the knowledge of this book you will be empowered and be enabled to discover and explore more and more paleo dessert applications and turn guilt into guilt free pleasures

Ultimately, you will be living pleasurable paleo dessert moments free from guilt and this is when you empower yourself to live the paleo lifestyle!



## Why Paleo Desserts Work?

You must be wondering why would you want to take a look at Paleo as a serious diet change to improve your lifestyle and health?



There is no shortage of medical journals and newspaper articles, internet bites, and TV infomercials that tell us what is good for the body, what is good for your heart, and what processed food substance will lower your bodies cholesterol. Earlier men and women had longer lives and lesser issues with their health because of natural and organic diets. This in itself should make you question what are you putting in your bodies these days and what are you feeding your children alike? You may find yourself easily tired at say, age 35, while your father at that age was a tough sport about marathoning through work hours, juggling family, and social activities alike. This is proof that even with evolved diets, eating organic food and eating less processed junk did their bodies actual good.

Now let's enter the Paleo world. As with any other diets, one would be cautious about its overall effect on our body and mind. Scientific studies, while not a hundred percent accurate, but still, many studies have shown that Paleolith men/women suffered from none of the hundreds of modern diseases that have been on the rise like an epidemic after the evolution of our diet, and the introductions of agricultural additives and processed food additives that have done the opposite of nurturing our bodies.

But as they all say the proof is in the pudding. Most people who have adapted this lifestyle have nothing but good things to say about this diet. Most importantly, this diet has helped many severely affected patients of different autoimmune diseases achieve restoration of their health almost immediately.

Most of us only hear about gluten in products and how it affects ‘some’ people badly. If you’ve heard about gluten free products several times, and don’t know why gluten is a common enemy affecting 1 in a 100 cases then, let’s talk about gluten.

Gluten is a protein present in all wheat based products and all its cross breeds like rye and barley as well. Today most processed food items apart from wheat products themselves also contain gluten, and it seems that more than some people are badly affected by the presence of this protein in their foods.

Gluten has been linked to most autoimmune diseases, diarrhea, leaky gut syndrome, intestinal damage, and fatigue to name just a few. The worst part is that most of us don’t even know that we may be suffering from any gluten allergies. Many cases of celiac disease remain undiagnosed because sometimes the symptoms are subtle and grow over time, or just don’t affect us as severely as it does to some people with diagnosed cases of celiac disease.

Paleo is not just a gluten free diet, it is also a low carb and high fat that encourages the use of some nutritional fat that helps to create energy in a human body. Due to obvious myths that have been fed to us over time through commercials, articles, and scientists we feel afraid of the very mention of ‘FAT’ in our diet and disregard a high fat diet as complete misnomer.

Fat is not always bad, and carbohydrates only provide energy to that gets burned away immediately. Fats are another macronutrient that give your body the energy to get through the day. Proof of this is the cavemen themselves. They existed on high fat diets that allowed them energy and alertness to hunt and gather for themselves. That can be an intense workout by modern day standards. Out complicated routines of this day is nothing short of intense effort and exertion. A high fat diet will assist in enriching your lifestyle in many ways.

Another issue in our general diet is how our non-Paleo lifestyle affects your blood sugar level and how quickly the blood glucose level rises. All foods have varying glycemic levels (the rate at how quickly your blood sugar level rises with a food) and some make your blood sugar levels increase).

If it’s still hard to get a handle on why Paleo should be your diet then let’s take a look at the fat free craze that has been on the roll for the last few decades. Fats and saturated fats are both touted as ‘evils’ that encourage cholesterol and bad heart health, but this is a one sided story. Let’s not delve into heavy medical and cellular jargon for it. Keeping it simple, saturated fats aren’t all bad fats. Yes, there are good saturated fats, as well as bad saturated fats. The good fats

contribute to good heart health, and don't encourage build up of harmful triglycerides in arteries (what we call clogged arteries are the results of harmful triglycerides build up in our arteries). The macronutrients encouraged in Paleo are all sources of good saturated fats that are productive in increasing heart health and vitality.

Coming to the issue of losing weight with this diet, weight loss can be a seriously frustrating battle if your diet is the one that is hindering your success. Paleo is also know to help slim down those of us who have tried other diets and not found themselves close to shedding those annoying pounds. The low carb, high fat diet that Paleo encourages is also high in its protein quotient. A filling part of the equation that helps keep the individual satiated for longer, and revert to processed foods less. Once you cut out sugars, high carbs, and gluten out of your diet, you are bound to start dropping pounds. The high protein content also encourages more muscle development and promotes quicker fat burning.

Many organic ingredients in the Paleo diet encourage satiation of appetite and fat burning.

Based on this knowledge we can now move on to look at Paleo from the perspective of being a lifestyle choice that you can make for your own life.

# How Paleo Can Change Your Life: The Paleo Lifestyle



The Paleo diet has been called many things, and chief among them is the title of the caveman diet. A name that unwittingly turn some people off right away when they start imagining a bunch of drooling, hulking individuals beating their chests and running through the wild chasing wild beasts. That can be a disconcerting image, but Paleo is known as an all organic diet, and it is also touted as the low carb and high fat diet that can cleanse the body of toxins and additives of the modern processed foods epidemic.

Obesity, heart diseases, and food allergies (like gluten intolerance, celiac disease, diabetes, and other autoimmune disorders) have been on the rise for the last few decades. What hasn't eased these number in the last few years is the rising number of additives, like high fructose corn syrup, sodium, and 'bad' saturated fats in commercially processed cooking oils, and gluten in grains, wheat and all its by products.

We can't put an end to the production of these un-organic foods, but we can protect ourselves from further invasion of harmful diseases that may eventually cripple our body because of the empty calories they represent and their zero nutritional value. Even fortified processed foods that claim to have Vitamins and minerals to make them look more appealing can be deceiving because of the really low percentage of the nutrients present in the foods. And even then you may not be able to absorb those nutrients because of the presence of proteins that can inhibit our body's nutrient absorption by binding themselves to the nutrients and not letting them enter your blood stream.

Let's spell out what the Paleo diet is all about so that there is not confusion about what is shunned in the diet and how you can integrate the Paleo way of eating into your own lifestyle.

Before we do this, however, we must first clarify what ingredients to avoid with the Paleo lifestyle.

## **Avoid list of Paleo Ingredients**

1. **Grains:** Avoid all grains like rice, barley, wheat, rye, quinoa, millet, corn, amaranth, oats, *etc.* as all of these contain gluten in some degree.
2. **Starchy vegetables:** This means white potatoes. The high starch and high sugar content is not on recommended list in the Paleo diet.
3. **Sugar:** Eliminate sugar from your diet and stick to raw honey and Paleo substitutes such as unsweetened maple syrup (grade B) that avoid raising blood sugar levels exponentially.
4. **Industrial and seed oils:** Avoid vegetable and seed oils like peanut oils, sunflower, canola *etc.* because they are higher in 'bad' saturated fats, require more processing to become edible and easily go rancid, which creates health issues. Try oils like olive, coconut oil, ghee, and pure grass fed butter.
5. **Legumes:** all kinds of beans whether they be peas, mung beans, broad beans, garbanzo beans, lima beans, and/or peanuts. They have always been touted as healthy proteins, but are also high in carbohydrates and increase insulin release in your body.
6. **Dairy:** Another food source that increases insulin levels in human beings and can contain additives, antibiotics, and growth hormones that can all be harmful to your health.
7. **Sodium:** Use less sodium as it is known to cause bloating, water retention and harmful to human body in higher quantities. Limit your sodium consumption to 1000mg a day. Most processed foods contain sodium (canned beans, pre-made foods, deli meats, *etc.*) Try using sea salt instead it's a healthier Paleo option.

## **Paleo benefits**

With this avoid list you must be thinking, how is avoiding any of this stuff make Paleo a good diet to be on? What are its benefits? After all if I'm giving up my pizza dough, I need to know it's got to be for some worthwhile reason. No way is any diet worth giving a try if you're going to be off the conventional pizza's made of gluten flour and fizzy drinks that are full of high fructose corn syrup.

Let's talk about some Paleo benefits that are sure to peak your interest.

Say goodbye to being 'hungry'. This is a combination of being both hungry and angry. Being on a high fat and low carbohydrate diet helps you stay satiated for longer. Some people experience rapid drop in their blood sugar, which is followed by hunger and irritability. This is called hypoglycemia, but the Paleo diet will help with satiety and you will find yourself eating less than with other diets.

Experience sustained weight loss. Because of Paleo's food principles, you are consuming natural, organic, process free foods that help in controlling your weight. Processed carbs, sugar, and excess sodium are chief causes of weight gain. In a Paleo diet, once you get rid of foods that are discouraged by Paleo, you will notice a dramatic improvement in your weight and your ability to sustain that weight loss. Many studies have proved that things like high fructose corn syrup (a sweetener present in many processed food items) can be addictive. The HFCS is serving as empty calories itself, and your digestive system digests fructose in a different way from sucrose, but this is not the only cause of weight gain. HFCS is known to be addictive and when you drink one too many cans of some fizzy drink, you are bound to put on pounds.

No more bloating and being gassy all the time. You may have noticed that as you get older, eating certain foods causes your body to bloat and you are always gassy at night. This is common if you consume sodium more than 1000mg a day. With Paleo, the use of sodium and salt is discouraged because of its side effects that cause you to bloat, become gassy, and also unable to burn fat if you are trying to lose weight.

Healthy fats like omega 3 are encouraged in the Paleo diet. The

nutritional value of omega 3 has always been immense, but with this diet you intake of this fatty acid increases to exponential levels. Consuming omega 3 regularly benefits your hearth, helps you burn fat quicker, helps you control autoimmune diseases like diabetes, and promotes positive brain development and a much healthier immune system.

Eating un-processed food is the ultimate benefit. This is something that cannot be overlooked about being on a Paleo diet. This diet encourages you to eat natural, organic food, and tells you to avoid harmful processed foods that are full of negative additives, toxins, antibiotics, and growth hormones that are bad for your health anyway. Above all it has a good balance of macronutrient (protein, carbohydrates, and fats) and their appropriate ratios, which should not only nourish and give you exceptional overall health, but also give you mental clarity and a generally better mood.

You will be in optimum health because you will be consuming many nutrients and Vitamins that contribute to giving you good energy for the day, strengthen your immune system and the good fats in a Paleo diet will help with good health of arteries, maintain good skin and healthy brain function.

When you are on a Paleo diet the fats, and oils you use will not be harmful to your body because the oils used on a Paleo diet tend to be largely stable and don't go rancid like other commercial vegetable and seed oils that go rancid quickly, which brings about a toxicity to the oil that can be damaging to your body and promote negative heart health.

Eating habits really affect your sleep. People on Paleo diet, have a better overall health, this means better gut health, less bloating, less gassiness, water retention and better sleeping patterns. You will sleep better when you aren't troubled by an upset stomach, or the feeling of being bloated.

While, it may be a bit easier to give up savory foods and snacks, it can be much harder and more painful to let go off everyday desserts like muffins, cakes, cookies, and ice cream. There's a whole culture of comfort built around these

desserts. Gossiping friends, lovers on a romantic dinner, or a family night of movies and ice cream, how can you make the transition to a better lifestyle easier without sugar, butter, and flour?

Let's take a peek into the world of guilt free Paleo desserts that are healthy but very tasty and scrumptious at the same time. Once you get the idea that healthy and delicious can work in combination, you will be hooked on the Paleo lifestyle forever.

## Sneak Peek Into The World Of Paleo Desserts

Paleo desserts can be a wondrous world of treats and tastes, if you use the right Paleo ingredients and have yummy recipes on hand to try them. It can be hard to know where to get started when you don't have an idea about Paleo ingredients. After all, what can a cupcake be without milk and sugar? What can a chocolate pudding be without actual chocolate in it? And how can a cheese cake be creamy without a giant helping of cream cheese?

Seems depressing when you think all the flavors you may be missing out on because you're removing all wheat, sugars, and dairy products from your diet. Fear not! There are Paleo substitutes for all those ingredients and more. This chapter will shine a light on all those ingredients, and give you an idea of how to use them compared to conventional ingredients used for desserts.

## Grain free flours

The key to most desserts is good quality flour. The flour can make or break a cupcake. So, what does Paleo have to offer the texture aficionados of desserts?



**Almond flour:** This is made from finely ground almonds, and gives grainier texture to desserts, but it can be substituted with other flours in a 1:1 ratio. It however, doesn't contain gluten, so while that is good for your health, you may find that it does not provide a dessert with the same elasticity and hold that gluten does with the conventional flours. Not to worry though, you can use this flour for cookies and bakes that need a grainier texture, or substitute slightly with some other Paleo flour for desired texture.

### Tips:

Keep in mind also that the finer the almond flour is the better a baked dessert will turn out.

Keep in mind that nut flour can easily brown, so, keep the heat lower than usual and bake your dessert for longer to compensate for a lower temperature.

Keep the almond flour refrigerated, or even frozen and it will last longer.

**Coconut flour:** This is another prized Paleo flour that is approved for dessert making and give batters and desserts a good texture. You can expect a lighter and airier cupcake with this flour. However, coconut flour cannot be substitutes at a 1:1 ratio with other flours because of the rate at which it absorbs

liquid. You can substitute about  $\frac{1}{4}$  cups of coconut flour with 1 cup of any other nut based, or grain based flour. With about  $\frac{1}{2}$  a cup coconut use 5 eggs and  $\frac{1}{2}$  a cup of coconut milk to compensate for the absorbent nature of coconut flour.

**Tips:**

Try adding mashed fruit for moisture in the baking.

Store your coconut flour at room temperature.



Sift your flour before using it, as it tends to be clumpy.

**Fats and oil**

Choosing a Paleo fat that will both compliment a dessert and not contribute to bad cholesterol isn't hard when it comes to Paleo. Many healthy examples are available that both do justice to a scrumptious dessert recipe and also provide good health benefits.

Use coconut oil and butter in desserts, this is a stable oil at high temperatures and works well in recipes which call for a vegetable oil, or shortening. Earlier concerns of the amount of saturated fats in coconut oil have been outweighed by the benefits of this oil. This oil increases metabolic rate and also contributes positively to the immune system.

Use almond butter, or any other nut butter in your desserts, they add decadence and are creamy and make your baking smell amazing.

Use grass fed butter or ghee in your desserts. Additive

and antibiotic free butter and ghee are high in good saturated fats.

### **Dairy:**

Use coconut milk, or almond milk. Both work well in most of the dessert recipes and provide great flavor. Coconut milk gives great coconut cream frosting that tastes amazing when whipped.

### **Sweeteners:**

There are many Paleo approved sweeteners like medjool dates, grade B maple syrup, and honey that have made the list and can be substituted for sugar in dessert recipes. Raw honey is the best of the list and considered closely approved by the Paleo diet as an organic ingredient that is good for human body and does not exponentially increase blood sugar levels in your body. Dates are great for incorporating sweetness in both baked goods and pudding and ice creams. They provide an amazing amount of sweetness, and are still good for your health.

### **Chocolate:**

Chocolate cake without cocoa?, chocolate pudding without chocolate? No way! Don't worry, the Paleo diet allows for unsweetened cocoa powder, or raw version of it called cacao powder.

Use dark chocolate with 70% cocoa content, or 85% cocoa content, or use unsweetened dark chocolate.



## Paleo Food List

Target the crops that are in season so as to get the very best costs and nutrient content. Stock up on what's on sale many plants can be frozen for subsequent use.

Great decisions include: greens, spinach, broccoli, cauliflower, zucchini, asparagus, cabbage, brussels sprouts, onions, fresh herbs, garlic, sweet potatoes ( for post workout meals ), tomatoes, mushrooms, aubergine, avocado and bell peppers.

If you have autoimmune issues make sure to avoid nightshades.

Fit fruit into your diet basically in the post workout period.

If selecting farm raised meat go for the leanest cut and if grass fed the fat is very good.

Sirloin, tenderloin, strip steaks and flank are the leanest decisions. Game birds When selecting game birds the thigh portions and the breast portions will provide the most protein and from a food to money proportion are the best chance.

Salmon, tuna and other greasy fish are the very best choices due to their high Omega-3 trans-acid content.

Omega 3 fortified eggs from free range chickens are the best choice.

Many times here's where folks get in difficulty.

Walnut oils and avocado are also excellent on salads.

Coconut milk ( the kind in a can with no sugar added ), in post workout smoothies, and as an alternative choice to creamer if you are a coffee drinker.

Nuts and specifically nut butters are also great to have around for fast nibbles and in a pinch.

Macadamia nuts and walnuts are the top choices and walnut butter is just wonderful .

When selecting nut butters ensure there aren't any added ingredients.

## Paleo & Fiber?

There are some questions that we find come up all the time when we are talking about Paleo. People who are looking make the transit into the paleo lifestyle are always asking us questions related to fiber.

For example, does a Paleo lifestyle provide me with enough fiber because with Paleo there are no grains allowed? People are asking things about whole grains and fiber because they know that these foods do fight cholesterol.

People are confused about the fact that they need a certain amount of fiber into their system in order to stay healthy.

We always get the questions what are the best sources of fiber with the Paleo lifestyle.

People are also not clear about if fiber helps them keep themselves full in order to lose weight when they are on a diet.

All these questions and concerns show how people are unclear and confused about Paleo and fiber and that is the reason why we are dedicating one whole chapter to this topic because it is important to clear up the confusion before we get any further into the main content.

The best way you can start to fix your digestive tract and stomach health is by getting rid of poisonous foods for good : - Cereal grains are bad

- Omega 6 economic seed oils ( things like corn, safflower, cottonseed, soybean, and the like ) are bad - Processed soy ( like soya milk, soy flour and soy protein for example ) is bad

Many people have diverse food sensitivities, with some of the more common

perpetrators being dairy and gluten. Removing a number of these items, and including fermentable foods like kefir, kimchi and sauerkraut may do the job in restoring some healthy tummy bacteria.

You may also help to boost your health by including the right kinds and amounts of fiber. The Institute of Medication commends around thirty eight grams of fiber for men, and twenty-five grams for girls roughly a day.

Though it isn't wholly important to hit these numbers, a paleo approach to eating will get you extremely close if it does not surpass them. A one thousand calorie portion of fruit and veg will offer you approximately 2 to 7 times the quantity of fiber than whole grains would. And , the majority of this fiber is from soluble sources which are far more favourable in the sense that they feed the healthful bacteria in your stomach.

Soluble fiber ferments in the tummy, and turns into short chain trans-acids that, in turn, help to grow, and feed healthy bacteria. By including more green leafy vegetables, root veg, and tubers like carrots and sweet potato, as well as low sugar fruits like berries, you can add more fiber to your diet, and improve stomach health, but improve mineral and vitamin uptake and assimilation.

Due to phytates and gluten found in foods like beans and numerous wheat-based products, many minerals and vitamins like calcium, iron, and zinc can go unabsorbed. The plants and occasional fruits on a paleo diet supply more than sufficient fiber to your body.

In fact cups of cooked broccoli would provide you with 7 grams of fiber and only thirty calories, while it would probably take 2 bits of "whole grain" that equal 120 calories to supply the same quantity of fiber.

## **Constipation and regular elimination**

If staying regular with your guts is an important concern, we suggest first looking at your water consumption. Dehydration or an absence of water is mostly to blame for a poor digestion. It's also possible the grains, dairy, and legumes you were dependent on eating caused leaky tummy. The most effective way to deal with this is by removing food most dangerous to the bowel like commercial seed oils, grains, dairy, and legumes, and by permitting the good bacteria and abdominal flora to reset themselves, and mend the tummy lining. 75 percent of stool is dry weight or dead bacteria, suggesting that fiber isn't required for bulk and elimination.

It can certainly help, but isn't a duty. So long as your body maintains healthy stomach flora, and you steer clear of food that body doesn't endure well, and high fructose foods like honey, soda, agave, breakfast bars and cereals as well as processed junk, you will be able to prevent bowel problems, swelling and gas.

## **Fiber supplementation**

Many supposed health specialists advocate taking extra fiber products to help with weight management, the lowering of cholesterol, and trots. The issue with this is that your body, or, more particularly, your colonic tract, can become hooked on these products, and need more of them. If you're following a lower carbohydrate diet, and are fighting with the constancy of your stools and cholesterol, first try slowly pushing up your water consumption by roughly 8 oz every day. Then think of adding in more starchy and fermentable foods like sweet potatoes and carrots. Eventually, if those things don't help, or if you have blood sugar issues, and can not include starchy carbs, give consideration to adding in a soluble fiber supplement like Organic Acacia Fiber, or a prebiotic like Klaire Laboratories Biotagen. In every case, begin reinforcement with a low dose, and steadily increase weekly or bi-weekly.

## **Fiber and cholesterol**

Fiber and cholesterol This could be the number one thing that frustrates me more than the rest in the world of nourishment.

We wish to kick the people that started this rumour.

We just wish to touch on a pair things here. Cholesterol isn't bad. Your body real wants it so as to operate capably. Cholesterol is employed to make cell surfaces, which are used to help each single cell in your body move, and engage with the other cells. The cholesterol you eat has just about nothing to do with the cholesterol in your blood. You eat cholesterol, and create your very own cholesterol each day. Approximately 25 percent of your daily cholesterol is from the food that you eat, and the other 75 percent is basically manufactured by your body. The majority of the cholesterol you eat and produce each day lives in your cell surfaces. It's actually serving a purpose.

Cholesterol in your blood does not imply cholesterol in your arteries. When you get your cholesterol checked, what's measured is the quantity of cholesterol in the blood. The reality is that there is not any way of knowing if that cholesterol is going to finish up in your arteries or not.

Almost all of the cholesterol you eat is pooped out. There's no other way to put it truly. Most cholesterol you eat isn't soaked up - it leaves the body in your stool. Real reasons behind coronary disease are deep set in swelling. This is due generally to the overconsumption of Omega-6 fats from grains, plant oils, and grain-fed animals. One way you may help to combat this is by getting rid of these foods from your diet, and including fitter Omega 3 fats from wild-caught salmon, bolstering with fish oil, and eating more grass-fed meat and lamb.

Rather than counting up fiber grams, mixing up high fibre supplement shakes, taking in nonsensical amounts of grains or legumes, or hunting for fake foods with added fiber, instead get back to eating real food. Stress green leafy plants,

lower sugar fruits like berries, and fermentable starchy carbohydrates like sweet potatoes and carrots, increase that water consumption, get routine exercise, and, for Pete's sake, get your rest, and practice correct stress-relieving systems like meditation. Not merely will that keep you regular - it will keep you healthy, content, and fit too.

## Before You Get Started Set Your Goal Straight

The book is written for beginners and for advanced users of the Paleo lifestyle.

We recommend to beginners to get right through the recipes and set yourself a goal. Choose one recipe and just get started with it. Just give it a chance and go through your own experience and see how changing food ingredients is going to affect your health and happiness in general.

If you are an advanced student of the Paleo lifestyle, you will probably want to add more of the Paleo lifestyle to what you are already doing with it and probably you picked up this book to add more Paleo recipes to your collection. Well, you are going to be surprised because this book only contains the most exclusive and the most delicious Paleo dessert recipes for Paleo gourmets.

No matter if you already are enjoying the Paleo lifestyle or if you are new to it, this book is for everybody who is conscious about what is going on with the unhealthy food industry and who wants to change one's lifestyle into a healthy and happy lifestyle that the Paleo way of thinking is able to offer anybody who is willing to change some eating habits.

You will soon see that it is not hard to make these lifestyle changes, but if you do you will get way more out of it than you put into it. You will also get a better understanding and feel for the Paleo lifestyle because Paleo is not just a diet or a diet plan that must be adhered like a diet that is not enjoyable to go through. Paleo is a way of thinking, a philosophy and a lifestyle because if you accept the rules and the paleo ingredients, you can integrate Paleo into everything that you are doing with food.

You will understand that there is no limit like it is the case with a diet because you can apply the Paleo lifestyle to every meal or treat that you desire to enjoy! If you understand this concept, you will be able to get the maximum out of Paloe. Once you are able to turn your life into the Paleo lifestyle and experience

the Paleo lifestyle to the fullest, you will see the true power of it.

If you are not used to the Paleo lifestyle yet, make sure to read through the book in a very open and unbiased way. Make sure to read it without being ignorant to new things that you will learn and that might not fit into your model or into what you have been learning about food and health until today.

Before you get started with something new like this make sure to free yourself from preconceived notion and look at everything with a pair of fresh eyes so that you can maximize your understanding.

We are sure you get the idea, but it is important to get your mindset and goal straight before getting started with something new like this.

Now that you are getting the point, let's actually hop into the fun part of the book and get to the gourmet class Paleo desserts that we all desire eating so joyfully after a nice meal or just as a special treat during our busy days.

Let's get started with the scrumptious gourmet Paleo dessert recipes. This is where the fun begins because you are about to learn how to turn guilt into guilt free pleasures!



# Paleo Muffin Recipes

## Creamy Coconut Macadamia Paleo Muffins With Raw White Chocolate Frosting



**Ingredients (makes 8 muffins)**

## **Muffins**

- 4 eggs
- 2 cups almond meal
- 2 tsp baking powder
- 1/2 cup macadamia nuts
- 1/2 cup coconut oil (melted)
- 1/3 cup coconut cream
- 1 tsp vanilla extract

## **Raw white chocolate frosting**

- 1 cup raw cashews
- 1 tbsp raw honey
- ½ cup cacao butter (small pieces shaved)
- 1 tsp lemon juice
- 1 tsp almond extract
- 4 tbsp coconut milk

## **Directions**

Pre-heat your oven to 350 degrees.

Line cookie sheets with 8 baking cups or use your favorite reusable muffin molds like the Scrumptious & Oozing Christmas Muffin Kit that you can find here: <http://answerszone.info/ILike/scrumptiousoozing>

In a bowl combine the baking powder, almond meal.

In another bowl combine the coconut oil, cream, and vanilla extract. Add eggs one at time until properly combined.

Add the wet mixture to the dry mixture, mixing in the macadamia nuts.

Scoop into muffin cups, baking them for 15 minutes.

## **Raw white chocolate frosting**

Except for the coconut milk add all the ingredients to a food processor and process until creamy and then add the coconut milk 1 tablespoon at a time to the frosting until you reach the desired consistency.

# Almond Butter & Chocolate Banana Protein Paleo Muffins With Toasted Whipped Coconut Cream



**Ingredients (makes 6 muffins)**

## Muffins

1/2 cup gluten free oats 2. 2 scoops chocolate protein powder  
3. 1/4 tsp baking powder 4. 1/4 tsp baking soda 5. 2 egg  
whites 6. 1 ripe banana 7. 2 tbsp stevia 8. 1/2 cup almond  
butter 9. 2 tbsp almond butter **Frosting**

2 cans of coconut milk (refrigerated) 2. 1 1/2 tsp vanilla extract  
3. 1 1/2 tbsp maple syrup (unsweetened) 4. 1/2 cup Shredded  
unsweetened coconut **Directions**

## Muffins

Pre-heat your oven to 350 degrees.

Whisk together in a bowl the oats, baking powder, soda, stevia, and soda.

In a separate bowl mash the banana and whisk into it the egg whites, almond butter and milk.

Now combine the wet ingredients with the dry ones.

Scoop into muffin pre-greased, or lined muffin cups 3/4 of the way full and bake the muffins for 23 minutes. If you like to push the easy baking button just use the time & tear saving reusable muffin molds like the Scrumptious & Oozing Christmas Muffin Kit that you can find here: <http://answerszone.info/ILike/scrumptiousoozing>

## **Frosting**

Make the whipped coconut cream by in a mixer with the cream on the top of the coconut milk can, vanilla extract, and maple syrup. Just make sure you don't shake, or turn the coconut milk can upside down after refrigerating the can.

To toast the shredded coconut bake it in the oven for 20 minutes at 300 degrees.

# Paleo Cupcake Recipes

## Gluten Free Paleo Cupcakes with Whipped Cream Frosting



**Ingredients (makes 12 cupcakes)**

## **Cupcakes**

- 3 eggs
- 2 ripe banana (mashed)
- 4 tbsp coconut milk
- ½ cup coconut flour
- 2 tbsp cup raw honey
- 1 tsp baking powder
- ¼ tsp baking soda
- 1 tsp vanilla extract
- ½ cup macadamia nuts (chopped)

## **Frosting**

- ¼ cup tahini
- 3 oz cocoa butter
- 1 tsp vanilla extract
- 1 tsp arrowroot powder
- ¼ cup honey
- ¼ cup butter (grass-fed)

## **Directions**

## **Cupcakes**

Pre-heat your oven to 350 degrees

Mix together in a bowl, coconut flour, almond flour, baking soda, baking powder, vanilla extract, and eggs.

Melt the coconut oil together with honey until well combined.

Slowly add the honey and oil mixture to the earlier mixture you made.

Mix in the macadamia nuts.

Pour into muffin cups before placing in oven and baking for 25 minutes.

Now cool them completely before frosting.

## **Frosting**

Melt the cocoa butter over a double boiler and add honey until all well combined.

Add rest of the ingredients and mix together until well incorporated.

Let the mixture cool at room temperature and whisk using a hand mixer until the mixture reaches a frosting consistency.

# Bittersweet Chocolate Mango Coconut Paleo Cupcakes With Raw Coffee Roast Frosting



**Ingredients (makes 8 cupcakes)**

## **Cupcakes**

2 cans coconut milk

4 eggs

40g cacao powder, or unsweetened cocoa powder

80g coconut palm sugar

45g coconut flour

125g almond meal

½ tsp baking soda

125 ml ripe mango pulp

## **Frosting**

2 avocados (peeled, pitted)

½ cup strong brewed coffee

½ cup honey

2 tbsp coconut oil (solid form)

1 tsp vanilla extract

½ tsp salt

## Directions

## Cupcakes

Whisk the eggs together with coconut sugar, in a bowl, until the sugar is dissolved.

Now sift the coconut flour, cocoa powder, baking soda, baking powder and almond meal together, adding half of the sifted mixture to the egg and sugar mixture.

Whisk until smooth. Add the mango to the batter and slowly add rest of the dry mixture to this batter and beat in the mixer until, it's well incorporated.

Pour the batter into the pre lined and greased muffin tin molds and place in the oven for about 20 minutes. If you like to push the easy baking button just use the time & tear saving reusable muffin molds like the Scrumptious & Oozing Christmas Muffin Kit that you can find here: <http://answerszone.info/ILike/scrumptiousoozing>

## **Frosting**

Blend all the ingredients together in a mixer, until smooth and you have the desired consistency for your frosting.

# Paleo Pudding Recipes

## Dark Paleo Chocolate Chia Coconut Pudding With Decadent Coconut Pecan Paleo Topping



**Ingredients (makes 4 muffins)**

## **pudding**

1000g Dark chocolate (with 85% cocoa, chopped)

2 tbsp cocoa powder

12 tbsp chia seeds

3 tsp vanilla extract

2 cans of coconut milk

## **Topping**

$\frac{1}{4}$  cup pecans (chopped)

$\frac{1}{2}$  cup shredded coconut

1 tbsp coconut oil

2 tbsp almond butter

2 tbsp honey

1 tbsp vanilla extract

## **Directions**

## **Pudding**

Combine dark chocolate, cocoa powder and coconut milk in a saucepan over medium heat, completely melting the chocolate.

Stir in the chia seeds after turning the heat off and sit continuously otherwise the chia seeds will stick to the bottom.

Let the chia seeds thicken up the mixture before spooning into small serving bowls.

Refrigerate the bowls for one hour, until the pudding is really thick,

## **Topping**

Melt coconut oil over medium heat, stir in the honey, vanilla extract, and the almond butter.

When combined, pour over pecans and the shredded coconut and stir with a fork until crumbly.

# Blueberry Paleo Pudding With Dried Apricots & White Cream Topping

## **Ingredients**

### **Pudding**

2 cups frozen blueberries

$\frac{2}{3}$  cup almond milk

5 large dates (soaked in hot water)

$\frac{1}{2}$  of a frozen banana

$\frac{1}{2}$  cup chia seeds (soaked)

$\frac{1}{2}$  cup dried apricots (chopped roughly)

## **Topping**

1 can of coconut milk (refrigerated)

1 tsp vanilla extract

1 tbsp maple syrup (unsweetened)

## **Directions**

## **Pudding**

Add the blueberries, milk, dates, banana and chia seeds to food processor and pulse until well blended.

Add the dried apricots and pulse one more just to incorporate well.

## **Topping**

Make the whipped coconut cream by in a mixer with the cream on the top of the coconut milk can, vanilla extract, and maple syrup. Just make sure you don't shake, or turn the coconut milk can upside down after refrigerating the can.

Serve putting with a spoon of coconut cream on top and some shredded, unsweetened coconut.

## Dark & Intense High Protein Paleo Pudding With



Coconut Whip Cream

**Ingredients (2 servings)**

## pudding

1/4 cup coconut milk 2. 1/2 ripe avocado 3. 1 egg  
4. 2 1/2 tbsp cacao powder 5. 1 tbsp instant coffee 6.  
Pinch of salt 7. 1 scoop vanilla whey protein powder 8. A  
handful of hazelnuts **Topping**

1 can coconut milk 2. 1 tsp vanilla extract 3. 1 1/2 tbsp  
honey **Directions**

## pudding

Add the egg, coconut milk, and avocado to the food processor blending very well, until thick and creamy.

Now add in the cacao powder, instant coffee, salt, and protein powder until all creamy and well combined.

Now add the hazelnuts, giving a good spin, which incorporated them into the pudding well.

Pours into dessert cups and refrigerate before serving.

Garnish with some shredded unsweetened coconut for more crunch.

## **Topping**

Whip the coconut cream (remove the cream from the top of the coconut milk without shaking it after you have refrigerated it.) with the vanilla extract, and honey until nice and whipped to soft peaks.

# Paleo Smoothie Recipes

## Creamy Paleo Coconut Macadamia Coffee Smoothie



**Ingredients (makes 1 serving)** 1.  $\frac{1}{2}$  cup coffee (cold) 2.  $\frac{3}{4}$  cup coconut milk 3.  $\frac{1}{2}$  cup avocado 4.  $\frac{1}{4}$  cup macadamia nuts 5.  $\frac{1}{4}$  cup ice 6. 2-3 medjool dates **Directions:**

Put all the ingredients in a blender and blend until smooth.

# Scrumptious Cake Batter Paleo Smoothie

## Creamy paleo coconut macadamia Coffee smoothie



**Ingredients (Makes 1 serving)** 1. 1 tbsp macadamia nut butter  
2. 2 medjool dates 3. 1 cup almond milk 4. 1 frozen  
banana 5. ½ tsp vanilla extract 6. 1 scoop vanilla protein powder

**Directions:** 1. Put all the ingredients in a blender and blend until smooth.



## Creamy Paleo Coconut Macadamia Coffee Smoothie



### Ingredients (1 serving)

1. Coconut milk - 3/4 cup
2. Cold coffee - 1/2 cup
3. Avocado - 1/4 cup
4. Macadamia nuts - 1/4 cup
5. Ice - 1/4 cup
6. Stevia - 2 scoops.

## **Directions**

1. Add all the recipes into the blender and blend until a smooth consistency is attained. Garnish it with a few macadamia nuts and almond flakes for an added texture.

This smoothie is also a great idea as a low carb breakfast recipe as it uses coconut milk instead of full fat milk and uses stevia which is a low calorie substitute for sugar .Hence this is also a dairy free and gluten free recipe.

# Paleo Ice Cream Recipes

## Paleo Butter Pecan Salted Caramel Paleo Ice Cream



### Ingredients (makes 1 quart ice cream)

**Ice cream** 1. 1 large egg 2. 2 tbsp raw honey 3. 1 ½ tsp vanilla extract 4. 2 tbsp arrowroot powder 5. Pinch of salt 6. 1 tbsp almond butter

**Caramel sauce (1/3 cup caramel sauce)** 1. 1 tsp vanilla extract 2. ¼ cup coconut palm sugar 3. 2 tbsp water 4. ½ cup coconut milk 5. Pinch of salt

**Directions Ice cream** 1. Combine the arrowroot powder, milk, egg, honey, and salt in a low heat saucepan. Bring the mixture gently to a boil.

Cool for 5 minutes and then add the vanilla.

Now refrigerate the mixture overnight.

Take the pecans and fry them in butter until they are golden and then add them to the frozen ice cream mixture.

Churn the mixture in an ice cream maker swirling in the caramel sauce with a butter knife.

**Caramel sauce** 1. Boil the coconut palm sugar and water gently, stirring constantly.

Now add the milk, salt, and vanilla extract cooking it medium heat for 10 minutes, until the mixtures thicken and becomes a darker color.

# Lavender Blueberry Jam Paleo Ice Cream With Organic Lemon Curd



**Ingredients (makes 3-4 servings)**

## **Blueberry jam**

¼ cup raw honey 2.                      1 tsp vanilla extract 3.                      1 tbsp  
lavender buds (finely ground) 4.                      1 cup blue berries **Ice cream**

1 can coconut milk 2.                      1 tsp almond extract 3.                      1/3 cup  
raw honey **Lemon curd**

6 tbsp lemon juice 2.                      Zest of 1 lemon 3.                      1 tsp raw honey  
4.                      2 eggs

## **Directions**

Add the blueberries and honey to a saucepan on medium heat.

Let the blueberries burst and reduce to thickened, jam like consistency.

Now add the salt, lavender, and the vanilla mixing properly.

Once you notice that the blueberries are completely broken down, put it aside and let it cool.

Heat lemon juice, honey, and lemon zest in a sauce pan, simmering for 2 minutes. Now slowly add eggs and keep whisking in a vigorous manner. Remove from heat and allow cooling.

Now whisk coconut milk, honey, and the almond extract.

Add the mixture to the ice cream churning machine and churn until thick. When it is thick add the blue berry jam and the lemon curd alternating between both little by little until all incorporated and the ice cream has formed.

## Conclusion

Finding the right kind of dessert that appeases your taste buds should not be a problem with the decadent examples of desserts that can be whipped up with Paleo ingredients. Not only are they fresh, but these recipes are quick.

This book was meant to give you a peek into the world of Paleo desserts, and these twelve recipes are by no means the complete look at the versatility of Paleo ingredients. Paleo might be somewhat limited approved ingredients, but it is by no means limited in providing taste to your favorite desserts.

Making the change over to a Paleo way of life can be a big change and can take some getting just to, but the health benefits are unrivaled and far greater than not accepting the challenge and putting your health before processed food cravings.

The ‘craze’ of Paleo as you will discover with your increased knowledge of the Paleo diet is not just a craze, or a fad diet that will eventually melt away into the unknown depths of forgotten failed diet fads. Paleo is here to stay and steadily rising in popularity. What you can do to get a better feel of what you are getting into is gain as much knowledge of the ingredients and Paleo concepts that bring about that wonderful change in your life that everyone else who has been getting positive results from the Paleo lifestyle has been experiencing.

Hopefully by now you do understand the true significance and meaning of the Paleo lifestyle and hopefully you can see what the Paleo lifestyle can do for your own health and happiness.

As mentioned before, Paleo is not a diet. A diet has limits, but the Paleo way of thinking can be adapted to everything related to food, recipes, baking and cooking that your mind desires. Be as creative with it as you like, but just respect the Paleo rules that you can refer back to in the beginning of this book.

We chose to demonstrate Paleo with dessert recipes so that you do understand this powerful lifestyle that you can create for yourself. Usually, dessert recipes are associated by society with guilt and shame, but at the same time with pleasure. To show you the power of Paleo we chose the toughest type of food that is desserts in order to show you how paleo can even be applied to sugar and guilt loaded desserts.

As you got started reading the book, you probably thought guilt free desserts no way and it looked impossible and suspicious to you to turn desirable desserts that are associated with guilt into something guilt free.

This book is going to enable you to figure out the problem how to turn any desired food type like desserts into a pleasure that is guilt free because it respects the rules of the Paleo lifestyle.

Once you have figured out this problem you are in the zone, at least mentally, so we congratulate you on reading through the book and getting the knowledge that you need in order to make this lifestyle change a successful one.

Make sure to go to the next step and that is taking action. Make sure to have a clear goal in mind and get started with one or two recipes and explore more from there.

Now you have learned that Paleo is not something like a diet that comes with limits, but you have been able to see with your very own eyes how even desserts that we desire and love eating but that we have been conditioned not to eat so much because they are bad for us can be turned into an exciting new experience that is far away from feeling guilty about something like desserts.

We encourage you to explore this lifestyle further on your own and have fun to find out many other guilt free Paleo recipe applications for yourself. This knowledge empowers you to explore new levels and dimensions of eating that you have never thought possible before.

Do not let anybody tell you that this is not the way to go. Do not become discouraged if little things do not turn out right once in a while. Keep trying until you reach your goal. Once you are able to see it and apply it to your daily meal plan, you will never want to go back to your past eating habits.

Once you are able to apply Paleo to all your food choices, you will feel the magical power of Paleo and that is when you are living the Paleo Lifestyle!

## Extra Bonuses

To make your Paleo lifestyle even more exciting we have included some additional bonuses below for you to check out. These bonuses are complementary to the book and are meant to add some more valuable items that you might find helpful as you are going through your Paleo exploring phase.

They are just there to give some additional guidance on things like healthy eating and healthy food ingredients, inspirational moments, dessert making and baking supply resources that might come in handy as you are making these wonderful paleo dessert recipes, as well as some other helpful ideas that relate to decorating, storing and serving desserts.

These are some optional reads and are not necessary at all because by now you have enough knowledge about Paleo desserts and most importantly you know how to turn a guilt and sugar loaded dessert into a guilt free pleasure because you are empowered by a system that you can apply whenever and wherever you like.

We have even included our secret couponing method for you to double your baking fun.

Also make sure to check out our new book releases that are going to be part of our Oh So Scrumptious Paleo series that we will be continuing.

We will be adding our new book releases to the More Information chapter of this book as soon as they become available.

You can also check out our Facebook page where we announce new releases, check Amazon on a regular basis for our upcoming books, or get access to our free Paleo lifestyle membership where you will get even more Paleo lifestyle pleasures, including a regular prize giveaway of "Favorite Oprah" Paleo things

and baking supplies. Inside you will receive many delightful goodies that will help you with your Paleo lifestyle in a big way.

To get to the links in order to get access to our Paleo Pleasures and to connect with us, please check out the More Information section below.

## Paleo Ingredients Quiz

**Paleo Ingredients Quiz**

J	I	B	A	N	A	N	A	S	U	I	K
A	H	W	C	O	C	O	A	I	U	M	E
R	G	K	V	M	A	N	G	O	R	S	C
A	H	O	N	E	Y	C	H	I	A	L	L
Y	C	U	M	G	B	P	C	Y	N	T	R
Y	L	I	G	W	Y	U	Y	G	K	I	N
Q	I	M	C	H	O	C	O	L	A	T	E
V	J	C	O	C	O	N	U	T	D	S	P
A	Q	F	A	V	O	C	A	D	O	R	S
A	L	M	O	N	D	S	D	P	X	D	W
U	B	L	U	E	B	E	R	R	I	E	S
K	V	M	C	V	Y	A	R	M	F	K	H

**All you have to do is find 10 Paleo Ingredient related words. Use your imagination, read backwards, sideways and forward to find the correct Paleo ingredients. Go to the next page to see the correct answers!**

**Have fun:)**



## Answers

**1. Chocolate**

**2. Coconut**

**3. Almonds**

**4. Bananas**

**5. Honey**

**6. Cocoa**

**7. Chia**

**8. Mango**

**9. Blueberries**

**10. Avocado**

## 9 Smoothie Power Tips Or The Powerful 5 Minute Smoothie Ritual



Let's talk a little bit about how you can do this even if you are a very busy person and still want to get all the healthy and powerful benefits from these delicious paleo smoothies.

We have always loved to simplify things (usability nuts!) and like to make procedures effortless and 5 minute quick in terms of instructions and usability. Our usability tip is to use this book next to your kitchen table as you go through the preparation of your paleo smoothies.

The following tips are most valuable if you are deciding to go on a Paleo Smoothie diet because these tips will help you get the most out of the process of making smoothies. These tips are particularly valuable if you are busy and still try to make the Paleo Smoothie Diet work for you.

**9 Smoothie Power Tips or The Powerful 5 Minute Smoothie Ritual:** Be sure to pour in liquids first (it's less complicated on the whisker).

Start from the lowest speed and work up to higher speeds once the blend smooths out. Add ice last, and use as much or as little as you'd like.

We suggest 3 cubes for each smoothie, but it is brilliantly OK to add more and make it a little slushier to attain a creamier texture. Some of our smoothies use cow's milk, or dairy free subs like almond, coconut, soy, hemp, and rice milk.

Pick your favourite, or make a mix of your own.

If you have leftover smoothie hanging in the whisker, divvy it up into an ice cube tray for simple mixing next time.

Top smoothies with fresh fruit, seeds, sliced nuts, or shredded coconut for a texture change.

Try making an oatmeal, flax seed, orange, and pineapple smoothie.

Freeze fruit for a heavier consistency.

Chop it up for simpler mixing.

# Baking No Fail Muffins & Cupcakes With The Proper Baking Gear

## **Rule 1: Smaller Or Regular Size Is Better Than Novelty & Uniquely Shaped Size**

If you have an interest in buying some silicone baking molds, or if you'd like to be better at utilising the ones you have, keep these pointers and tricks under consideration. We have discovered that the smaller and regular sized silicone muffin molds do bake the most perfect muffins and cupcakes. If you purchase anything, we'd endorse selecting these.

If you only buy one sort of silicone baking cups, get the ordinary, cupcake-sized ones. If you are pleased to get 2 different types, we heartily advocate the minimuffin cups. Because silicone molds are so flexible and cheap, there are a large amount of specially-shaped like stars, angles, and many other forms that one can buy. While they are lovable, we suggest keeping away from them and only use the original muffin cup and cupcake cup forms because they work best.

In the name of viability, we suggest going with only 1 sizeable baking mould or a matching set made up of multiple baking molds that will accommodate a full recipe. It may be displeasing to realise this, but novelty and uniquely formed silicone baking molds are most of the time just an impulse buy. If you do finish up getting two of novelty molds, a technique to make a full recipe's worth of cake or some other bread-like concoction is to assemble a set of different baking molds, or to have additional silicone baking cups available to make little muffins or cupcakes with the batter that does not fit into your novelty formed silicone baking mould. It's sweet to have these additional nibbles available, regardless of whether they are not specifically formed, and make for fun leftover treats.

## **Rule 2: Grease Larger Pans**

Like we mentioned silicone baking molds are additional convenient because they

do not generally need greasing. Still, some baking molds, particularly the bigger ones, still need buttering, greasing and flouring. Yes, it is a bother, but it creates a difference, particularly because cakes baked in bigger silicone baking molds are at a higher chance of cracking in the elastic molds than they'd in metal pans. Flouring and greasing pans can be awe-inspiring though-one thing we do is substitute cocoa powder for flour when we are baking chocolate cakes. It makes a contribution to a better exterior appearance and is additional fun to lick out of an emptied pan.

While only bigger pans truly need greasing, it's simpler to clean smaller silicone muffin cups when they have been greased. Completely flouring and greasing these cups isn't obligatory, but you could consider spraying the molds with stain resistant cooking spray.

Alternately, you can keep them completely clean by putting paper baking cups within them and just utilising the silicone cups for structure.

Cleaning bigger silicone baking pans is pretty straightforward, but cleaning the littler ones, particularly the minimuffin cups, is tougher, particularly because there are so very many of them.

The most effective way we get round to washing these is to right away throw the empty cups into warm, soapy water, let them soak, rub the crumbs out of them, and then wash them and let them dry.

After they are dry, we may give the cups an extra wipe with a humid fabric, particularly if I have made tasty muffins in them, because they are likelier to harbour some leftover grease.

Silicone baking molds are good for more than making cakes and muffins. So do not simply make candy with your cups, but use them for all they are worth. They are perfect to serve pudding, tiramisu, creams, soufflés and many other creamy desserts. We also use them to store yogurt, sauces and other liquid ingredients

that we need on a daily basis. Ice creams or parfaits make a perfect match with these cute molds, too.

As well as baking both sweet treats and savoury nibbles in silicone baking cups, we suggest using them ( again, typically the littler ones ) for more than baking. They make great tiny serving cups for parties.

You can put tiny nibbles in them like jellybeans, nuts, and little candies, and because they come in such lovable shapes and colours, they can truly fancy-up a party platter. The additional benefit here is that, unlike the other tiny serving cups, they're washer-friendly and re-cyclable.

They also serve as internal organizers for lunchboxes and they are perfect for storing purposes.

Children just love them and this is how you can make them become interested in kitchen and baking related topics.

### **Rule 3: Flexibility & Be Open To More Than One Baking Supply Solution**

What actually got us going on silicone baking molds wasn't an attraction to their fun shapes and bright colours, but instead the possibility of having the ability to make muffins and cupcakes in a tiny sleeping area kitchen, where we truthfully didn't have the space for a metal muffin pan. This was a project that we did for one of our client and this is how we came up with the idea of reusable silicon molds within our own cake catering business.

The nice thing about these baking cups and molds is they stack brilliantly and take up about as much space as an espresso or coffee cup ( dependent on their size ). This means you can use these cups as an excuse to get shot of some of

your weightier baking pans. Having said that, we suggest clinging to your old style metal cake pans. We have both metal and silicone cake pans and apply the ones that are most practical in relation to the baking task at hand. Having available all the options is always the best way to go and we suggest using whatever is more practical for your own baking project.

When it comes down to bigger cakes, it's much better to have a stiff, more supportive material and in this case we would not recommend the more flexible silicone molds.

The one time in which we'd advocate the acquisition of a bigger silicone cake pan is if it is a specifically formed novelty pan and if you cannot find the same shape in a metal pan.

So as a general rough guide, we'd choose metal pans when handling bigger confectionary treats and use our own flexible silicon molds when it comes to smaller treats like cupcakes and muffins.

# Bake Perfect Muffins & Cupcakes

**1 :**

Prepare the silicone cupcake molds but condition the silicone cupcake molds before their first use. Wash them in warm soapy water and wash them well. Next, coat the liners with an insubstantial layer of plant oil or nonstick spray. This strategy of "seasoning" the liners this way may simply be required for the initial few uses.

**2:**

Prepare the stove and heat the stove by following the directions for the cupcake recipe. Next, adjust the rack in order that it's sitting in the middle of your oven.

**3 :**

Heat the cupcakes. Make the batter according to your recipe. Place a baking sheet on a level surface like a counter top or table. Position the silicone cupcake molds on the sheet. If preferred, slip into the slots of a muffin tray. Fill the silicone cupcake molds . Employing a ladle, fill the liners 2/3rds of the way with the prepared cupcake batter.

Some molds have a marked fill line.

Heat the cupcakes. Slip the cookie sheet supporting the silicone bakeware into your oven.

Check the time. When using silicone liners for the 1st time, it is crucial to watch

the cupcakes meticulously, as baking times may alter a little from your ordinary cooking utensils.

Test the cupcakes to determine if they are done by inserting a toothpick or skewer into a cupcake. The cupcakes are done baking when the toothpick comes out clean.

Remove your cupcakes from the oven. Use a range mitt to hold the cookie sheet as you take them out. Be cautious. Silicone bakeware cools quick but it'll be extraordinarily hot when you first remove it.

Remove the cupcakes straight away from the molds. Once cooled, serve and enjoy your cupcakes immediately or store them.

**4 :**

Clean the silicone cupcake molds. Load the liners into the dishwasher or wash by hand with warm, soapy water. Given the silicone muffin molds are made from a flexible material, you can turn the silicone bakeware inside out to simply clean them.

Stack the dry and clean silicone cupcake liners within each other to store.

**Tips:**

Always remember silicone bakeware can safely go from one intense temperature to another one, so think of utilising your liners for making frozen treats that you can put in your freezer as well as baking cupcakes.

## 17 Final Tips For The Paleo Lifestyle

### ***17 Tips For The Paleo Lifestyle:***

1. Get body composition tested or retested to make quantifiable enhancements.
2. Get twenty minutes of full-on sunlight each day when practical.
3. Only eat two meals on a busy schedule or from cafes per week.
4. Commit to only buying grass-fed protein when practicable.
5. Try random fasting to work out if it's perfect for you.
6. Start bolstering with Vitamin D and Fish Oil.
7. Toss out any item in the cupboard containing sugar.
8. Write down your food consumption for one week ( or even more ) to help realize where you can make changes.
9. Take some time to rest and enjoy life.
10. Get off the treadmill and take your exercise sessions and running outside, or to a functional fitness gymnasium. Rather than a "cheat day", add a little indulgence like dark chocolate every day.

11. If you can include yoga and meditation into your life.
12. Get blood work tested, or retested so that you can make quantifiable changes and enhancements.
13. Eat three bigger meals each day and cut out nibbling to discover how you're feeling.
14. Try an entire thirty day Challenge to set yourself on track with the Paleo lifestyle.
15. Read a whole book about the paleo diet to teach yourself how to do it properly.
16. Check out the Resources Section in this book to educate yourself about the Paleo way of thinking and the Paleo Lifestyle 17. [We recommend book like The Paleo Recipe Book that you can find by clicking here](#)

## Baking Supply Secret Couponing Method

If you like to continue your path of learning more cool stuff about how to save money as you are going about your baking passions, you can do that via our interactive couponing system that you can find and download below.

You can click the link below to download our secret couponing device (just apply it to all your baking supply expenses and you are good to go!). You can use it on your computer on a daily basis in order to enjoy a life with less expenses and more baking fun!

Our interactive couponing device is totally free for you because you bought this book, and we are always adding more value and more bonuses for you because we want to give you the most valuable and usable reading and learning experience.

We are constantly throwing in new, updated, and helpful stuff into this device. We first tested it out ourselves and once we have successful results we update the device so that everyone can profit from the knowledge.

In order to get your own interactive couponing device on your own computer, you just have to download the program via the link below.

As we said above, we are constantly adding more helpful and valuable couponing tips, hacks, techniques, and ways to this program. It gets updated on a regular basis to reflect the latest trends and technologies

that are available for couponing.

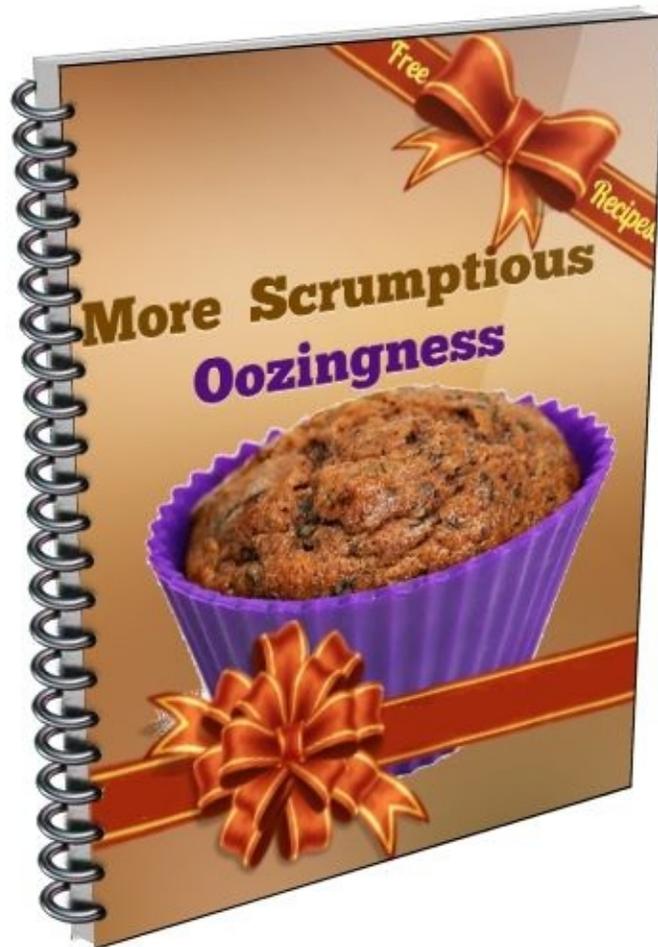
We will be sharing these kind of tidbits, hacks, and nuggets that will give you the results so that you can operate and enjoy your baking on a more cost effective and cost productive level!

Use our interactive couponing system today and enjoy your baking projects even more by applying these secret techniques of couponing...

[Click here to get started with more cool baking nuggets!](#)



## More Scrumptiousness



Dear Muffin & Cupcake lover ...If you'd like to get some more healthy & delicious muffin & cupcake recipes for the holidays, you can download many more of our Scrumptious & Oozing Baking Recipes for free. Especially during this delightful holiday season, we love sharing and giving back to our wonderful customers, subscribers and friends.

Make sure to click the link below to get your copy of More Scrumptious Oozingness For the Holidays. This offer is going to be available for a very limited time only so make sure to access your copy today!

[More Scrumptious Oozingness](#)

Enjoy!

Oh So Scrumptious & Oozing and Ginger Wood

## More Information



**If you enjoy our work, please feel free to join our facebook pages at:**  
<http://www.facebook.com/ohso scrumptiousoozing>

**You can also follow us on Twitter and Youtube:**  
<http://twitter.com/OSoScrumptious>

[Oh So Scrumptious And Oozing](#)

**Oh So Scrumptious & Oozing Books: (or Just look for Oh So Scrumptious & Oozing via the Amazon search bar) [All Books from Oh So Scrumptious And Oozing](#)**

Best wishes in your endeavors!

Oh So Scrumptious & Oozing and Ginger Wood

## About The Author



Ginger Wood was born in Germany and raised in the US and London where she studied at London and Los Angeles universities and where she discovered American desserts.

After working for ABC News in the US and enjoying American desserts so much, she decided to set up her baking brand called Oh So Scrumptious & Oozing.

Her home-cooked muffins, cakes, tarts, cupcakes, pies, brownies and other high-quality American desserts are a huge success among her friends and family so that she decided to turn her passion into a profitable entity.

Oh So Scrumptious & Oozing was founded in 2013 by Ginger Wood.

Among her fans she is best known for her collection of family-friendly, community-style cookbooks and craftbooks. No matter what the problem is on hand, Ginger is able to break down topics like paleo recipes, holiday recipes,

slowcooker recipes and many more into easy and quick to fix, no fail & no tear, scrumptious & healthy and no guilt type of recipe solutions that are very usable and consumer friendly. She loves helping people discover pleasurable moments with baking and cooking that ultimately lead to a healthier and happier lifestyle.

Each book is charming and heart warming, but created with one single goal in mind. Help today's time-strapped, budget-conscious families. She fixes every kitchen, food and household related issue with her fix it mentality without sacrificing the good taste!

Her books are filled with satisfying, scrumptious, and oozing recipes that she has collected over the years and adapted to the reality of today.

Along with treasured family recipes, each of her books includes the stories that go along with these proven and tested recipes and the usability that comes out of it which is critical for today's consumers.

The goal of Oh So Scrumptious & Oozing is to grow from a home based kitchen-table operation to become a nationally recognized best-selling publisher and helping individuals who are new as well as the advanced users.

Check out all the Oh So Scrumptious & Oozing books below and [visit their fanpage](#): to get your free share of scrumptious & oozing recipes that are going to fix your cooking and baking deliciously!

You'll love the Oh So Scrumptious & Oozing Lifestyle as soon as you learn how to do it the easy fix way that will save you hours of work, plenty of tears and that will bring lots of scrumptious & oozing moments onto your table!



## Resources



**Oh So Scrumptious & Oozing Paleo Baking Kit:**

<http://answerszone.info/ILike/scrumptiousoozing>

**Oprah's Favorite Baked Good:** [Her Fav Baked Thing](#)

**Baking Time Safers:** <http://answerszone.info/ILike/awesomenessforbakers>

**Stress Free Baking:** [Stress Free Baking](#)

**Freezing Food Tips: Tips Freezing, Decorating, Storing, Serving:**

<http://answerszone.info/ILike/storingmuffins>

**Best Online Tool for Recipe Note Taking:** <https://evernote.com>

**Tips for Taking the Stress Out of Baking:**

<http://answerszone.info/ILike/nostressbaking>

**Baking Checklist:** <http://answerszone.info/ILike/bakingchecklist>

**Online Baking Courses:** <http://answerszone.info/ILike/bakingcourses>

**Baking Calculator Tools To Save Time:** <http://www.mykitchencalculator.com>

**30+ Time-Saving Kitchen Tools:** <http://answerszone.info/ILike/coolbakingtools>

**Cool Paleo Apps:** <http://primaltoad.com/apps>

**Cool Baking Apps:** <http://answerszone.info/ILike/amazingbakingapps>

**Recipe Templates For Download & Easy Reference:** <http://www.chefs-resources.com/Recipe-Templates-Excel>

**Printable Cookbook Templates:** <http://office.microsoft.com/en-us/templates/recipe-cookbook-TC103462862.aspx>

**Decorating Ideas For Desserts:**  
<http://answerszone.info/ILike/awesomedecoration>

### **Top 10 Paleo Recipe Sites:**

These top 10 Paleo sites are a good starting point for beginners because they offer answers to questions like what Paleo food plan should I rely on, what exactly should I eat, what is a proper Paleo breakfast, what are good bread replacements, am I allowed to eat bread and potatoes?

Once you've a Paleo beginner has adjusted his or her mindset and understod the

concept of Paleo, it is really very easy to make eating the Paleo way a habit. Even the advanced users get stuck sometimes. This is the reason why we included these top 10 Paleo sites to give beginners and advanced users some unique new ideas.

These are really the best Paleo sites and resources we have been able to find so far and we use them for our own Paleo lifestyle.

<http://nomnompaleo.com>

<http://www.paleocupboard.com>

<http://www.healthhomehappy.com>

<http://paleomg.com>

<http://www.healthhomehappy.com>

<http://eatdrinkpaleo.com.au>

<http://stupideaspaleo.com/recipe-index>

<http://www.elanaspantry.com>

<http://fastpaleo.com>

<http://www.healthhomehappy.com>

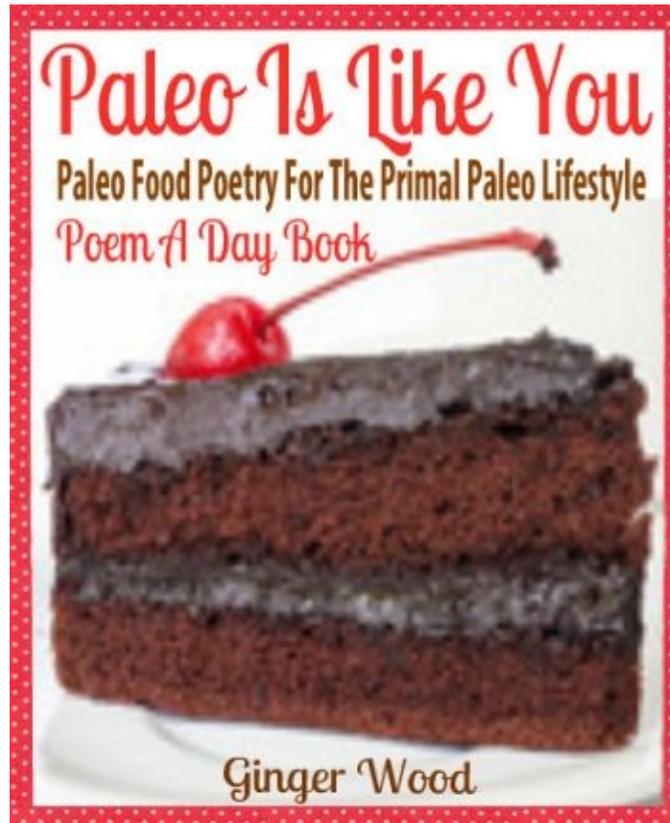
<http://civilizedcavemancooking.com>

<http://fastpaleo.com>

<http://www.thefoodee.com>

## Book 3: Paleo Is Like You

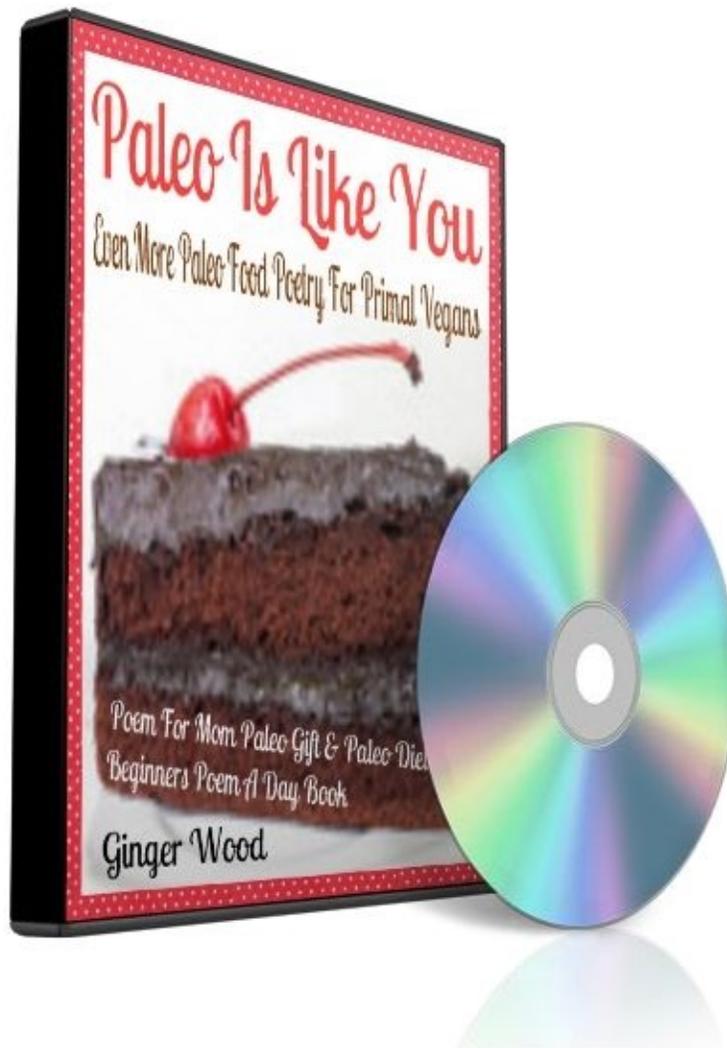
The Paleo Lifestyle Diet In 25 Rhymes: From A to Z



Are you ready to learn about the Paleo Lifestyle from A to Z?

If so, then come along, let's learn about the raw Paleo laws just you and me...

## Free Surprise Bonus



LIMITED-TIME SPECIAL: Special Bonus...

That's right...For a limited time you can download even More Paleo Is Like You Moments...

To get access, please click the link below...

[Claim your Blissful Meditation Moments by clicking here...](#)

## Why Paleo Poems?



Ginger Wood's "Paleo Is Like You" is an extremely fun, quick and easy to read little rhyming book about the amazing Paleo Lifestyle. It is for everyone no matter if you are looking for information about the paleo diet for beginners or if you are an advanced Paleo consumer.

This little food poetry Paleo lifestyle book gives everyone who thinks the primal Paleo lifestyle is great some effective and straight forward universal Paleo guidance and advice.

This Paleo food poem a day book is not only a fun way to discover the way of Paleo, but it also gives some great inspirational and motivational insights into your health.

These meditation moments are divided into 25 poems and classified from A like Paleo is like Apetizer to Meditation is like Z and like Zucchini Bread.

Enjoying these rhyming Paleo foody poems can teach many ways to embrace that enjoyable Paleo way of life. It can also teach many ways to accept a healthier nutrition in general and to manage and overcome negative emotions like guilt & sacrifice and other emotionally painful moments that come with overeating and eating unhealthy rich food and that are relate to eating and enjoying food.

Reading these Paleo lifestyle rhymes about the Paleo Lifestyle & the Paleo Diet that go from A to Z teaches many ways how to integrate Paleo into your way of live to find a healthy balanced nutrition, happiness, fitness, and a lean and clean body.

Ginger uses the simple form of rhymes to encourage even beginners of the Paleo diet to discover their way of Paleo in an unorthodox and unconventional way.

Because like Oscar Wilde says: "Everything that is popular is wrong." -Oscar Wilde

Ginger shows that everyone and even the most busy person can read these easy to consume Paleo food poems and get something valuable out of it. This interesting and intriguing food for thought touches everyone's life because Paleo is about health and happiness and no matter what one knows already about the fascinating world of Paleo, primal vegans will guaranteed find some inspiration in this fun little book for the Paleo soul.

The book encourages everyone who is interested in primal vegan food to take a peek inside and be inspired by the many ways of the Paleo lifestyle. This "Paleo Is Like You" book can be used in an ulimed way to help you become healthier and happier - just like the many ways of Paleo that you will discover inside!

The one who makes the most creative use of the book is the one who will find the most value in it because there is truly an unlimited amount of applications and uses for this helpful little poem a day book.

You could take one poem a day and reflect upon it. You could use a poem and gift it to a loved one who is a primal vegan to show your gratitude or just say thank you in a unique way. You could also use a specific poem to prove a point or to give encouragement, inspiration and motivation to someone you love and

who is looking for more information about the paleo diet for beginners.

You could play with the letters. For example, if you like someone whose name is Adam, you could take the first poem called Paleo is Like A and give it to that person to express your gratitude. You can do the same thing with all the letters and gift the poem to someone you like to surprise with a personalized name Paleo poem. Giving little gratitude and thank you gifts like that in order to show your affection, love and care for someone you care about is a wonderful way to socialize and to share your own passions for the Paleo lifestyle.

You could also use the poems as an inspiration to write your own inspirational Paleo journal that includes your own journey with Paleo and all of your favorite Paleo recipes.

Some creative crafters are even using them to make their own personal Paleo scrapbooking recipe books, notebooks, calendars, photo journals, quote clipping books, and you name it.

You can do whatever your creative heart desires and as long as you are using the poems only for your own personal usage and joy you can do whatever you like.

Each poem also comes with a quote from professions like writers, authors, chefs, spiritual men, philosophers, anthropologists, anthropologists, scientists, *etc.* to add some additional food for contemplation.

Poems include quotes by Anthony Robbins, Darwin, Johnny Carson, Buddha, Martin Yan, and more. They are organized by names and from A to Z in coherence with the poems.

The collection of poems includes 25 Paleo poems from A to Z with quotes just like this one:

"The higher your energy level, the more efficient your body. The more efficient your body, the better you feel and the more you will use your talent to produce outstanding results." -Anthony Robbins The book encourages everyone to start their own journey of the Paleo lifestyle and it concludes with some very encouraging thoughts so that everyone can choose to start and continue his or her own path of Paleo. The book helps with the discovery phase of Paleo and opens the doors for more discovery.

The ultimate goal is to encourage people who read this Paleo poem a day book to get started and to anticipate their own journey and their own Paleo ritual. The start is always the and most difficult step. If you are open and willing to take that first step you will find Paleo your way.

Ginger helps with the discovery phase of Paleo via the direction of inspirational and motivational poems and quotes so that everyone is enabled to live a healthy and happy lifestyle with Paleo.

The book is designed to awaken your own inner voice, your own creativity and your own individuality to use the book for your own personal Paleo expression.

The book has tons of applications and usability and it there for you to do whatever your own goals with Paleo might be.

Turning your discovery of the many ways of Paleo that you are brought in touch with inside the book into your own way of Paleo is what this journey is all about. Ginger encourages you to discover all the aspects of Paleo in an intriguing, appealing, fun and rhyming way and tries to connect you with your inner Paleo self so that you will find your own direction and your own way of Paleo.

Sustaining yourself and growing into a primal vegan personality, health enriched and health wealthy body is only one aspect and benefit of the way of Paleo and

the Paleo lifestyle that you will profit from once you accept the law of Paleo into your own life and the book brings you in touch and stimulates you with the many possibilities of Paleo. Once you get in touch with Paleo you will see that you will find an unlimited amount of the most amazing Paleo moments and ways yourself and seriously this is where the real fun begins.

This will be the most unforgettable journey of your life so if you are curious and intrigued about the Paleo lifestyle, or if you are already advanced, make sure to pick up this Paleo food poetry up because you will guaranteed broaden your knowledge about many more fascinating ways of Paleo.

You will for sure get in touch with some intriguing, fascinating and curious ways that you have not yet considered.

Paleo is all about leading a healthy and happy lifestyle like our ancestors did and even if you think you don't have time for primal stuff like this because you are busy or because you just don't believe in it, you will be amazed how different this little inspirational and fun Paleo poem a day book really can be. It will open your eyes and it will open your heart and it will open your mind to the most wonderous and fascinating thing in the world:

Your own health and happiness via the Paleo lifestyle!

Make sure to take your health seriously because there is nobody else who will do it for you. You are your own master of creating your own health and happiness!

This book is all about yourself and finding your proper path of nutrition and clean eating and drinking and that is why this book is so fascinating because it is about yourself AKA "Paleo Is Like You".

It is the perfect little poem for mom or poem for dad gift that you can give to anyone who you love and it is even a great gift idea for a child who can

already read because these funny rhyming verses of the Paleo lifestyle are a great way to have fun and learn at the same time.

The earlier you start your discovery phase of your own health and the many ways of Paleo the better the quality of your body and life is going to become in the future. If you love your child, discover the many ways of Paleo via one poem a day with him or her because you can not give them a more valuable gift than making them aware of the unlimited possibilities that life with a healthy lifestyle like Paleo or any other healthy nutrition can bring them.

Make sure to get this fun and inspirational Paleo poem a day book today because nothing is more important than your own health and that of your loved ones!

## Dedication

For my parents who are the most important health influencers in my life!

You have my unconditional love, always!

## Paleo Is Like A



Paleo is just like the letter A because the Paleo diet is like an appetizer, trying to blast hunger like an atomizer.

The hard hitting situation frankly is like this. When you're done, you always want another one!

Don't worry and don't fret there is a solution for this because just let me tell you this. If you stick to it, Paleo will get rid of getting sick.

If you don't believe me here is what Anthony Robbins has to say to this: "**The higher your energy level, the more efficient your body. The more efficient your body, the better you feel and the more you will use your talent to produce outstanding results.**" -Anthony Robbins Paleo makes outstanding results with your body possible!

## Paleo Is Like B



The Paleo diet is like B because Paleo is like banana bread.

Banana bread the Paleo way is only good for you if it is made with coconut shred.

Paleo is also like breakfast, but never ever eat white bread because you don't want to be misled.

Garlic bread is only good for you if you have understood the proper Paleo food ingredients.

The cold and hard hitting truth is like this. Not everyone likes Paleo ingredients, but if you find the right audience you can create the perfect ambiance because those folks obviously do have a huge tolerance for the Paleo experience!

Let me tell you this. If you stick to it, you will never get sick!

Budda can really speak to this because he has the experience:

**"Every human being is the author of his or her own health or disease." -  
Bhudda** Just make sure to stick to it!

## Paleo Is Like C



The Paleo lifestyle is like C because it reminds me of crockpot, cupcakes and coconut.

The Paleo lifestyle has great crockpot recipes that you can make in a breeze.

The situation with crockpot is like this. When you eat Paleo crockpot, you want to add lots of shredded cheese.

Cheese, however, means disease and you better stick to raw honey that comes from the bees.

Don't believe me? Let's hear it from Johnny Carson: .

**Never continue in a job you don't enjoy. If you're happy in what you're doing, you'll like yourself, you'll have inner peace. And if you have that, along with physical health, you will have had more success than you could possibly have imagined. -Johnny Carson** So make sure to stick to the winning Paleo ingredients that include all the healthy nutrients!



## Paleo Is Like D



Paleo is like D because the Paleo lifestyle has lots of heavenly desserts that will make you float.

The situation that concerns me is this.

Don't even think about eating sweets from the store because they make you sick.

You'd rather be eating some raw chocolate coated fruit on a stick, but nothing industrial and nothing from the store because all that does is it makes your body soar.

If you stick to eating your desserts without any grains and flours and dairy, you won't get sick!

Don't believe me let's hear it from Darwin.

**"It is not the strongest of the species that survives, nor the most intelligent that survives. It is the one that is the most adaptable to change." -Darwin**

Adapt your desserts to the Paleo ratio and you will double your life.

Yes, double and quite the opposite of trouble!

## Paleo Is Like E



Paleo is much like E because it is a lifestyle that is great for eggnog any time of the year.

The only thing that troubles me is that People may not tolerate eggs and folks might pass out from an egg allergy.

That's the time when you have to change your strategy.

Here is thankfully some Paleo fantasy to keep your sanity.

Here comes the frugality reality of living a life in harmony with veggy and meat diversity: "Paleo Enchiladas And Garlicky Personality"

That's what I call remarkably and incredibly biodiversity!

If you think biodiversity is not worth it, let me tell you, stick to alkaline earth food and you will never get sick!

Here is what Elizabeth Harrison has to say to this:

**"Those who are lifting the world upward and onward are those who encourage more than criticize." -Elizabeth Harrison** Always be uplifting, cheerful and be eating wonderful Paleo minerals and you can say goodbye to your own funeral!

## Paleo Is Like F



The Paleo diet reminds me an awful lot of the letter F.

The Paleo diet is quite the opposite of fast food and just like with fast food with Paleo food you never quite get enough, but when you happen to come across some appealing marshmallow fluff or worse a scrumptious looking cream puff, promise not to touch that stuff.

Let me tell you this.

The Paleo lifestyle is quite great, but if you are weak make sure to share it with a soul mate.

You do not want to experience your fate with that creamy looking ice cake.

Better yet, replace that sick making ice cake with your favorite Paleo shake that is healthier and that even tastes like cake.

If you do not think Paleo cake, shake, or steak are important Paleo ingredients get this: "**My favorite animal is steak.**" -**Fran Lebowitz**

## Paleo Is Like G



The Paleo lifestyle reminds me of the letter G because guess what the Paleo diet has lots of granola bars in it that you can always eat.

Shh... let's not talk about these chocolate ones that I eat when I need to cheat!

When I am down and upbeat I love to give myself my favorite cocoa dutch treat.

At least I eat a dark raw cocoa treat and I never cheat with wheat.

So if you happen to be in a state of deceit make sure to eat a piece of meat and never put yourself in the position of defeat!

If you don't believe me, you might get a reality check here: "**First they ignore you, then they laugh at you, then they fight you, then you win.**" -Gandhi

## Paleo Is Like H



Paleo really is much like the letter H because it is full of hacks that you'd need to consult an expert to understand.

You see here is where you have to agree. The Paleo lifestyle is quite the opposite land of just another diet brand.

Let me tell you this. If you stick to it, you will never get sick!

Leigh Hunt can really speak to this: **The groundwork of all happiness is health. -Leigh Hunt** Just make sure to stick to it!



## Paleo Is Like I



Paleo is like I and it is also like I love Paleo Ice Cream.

If you are thinking ice cream is not good for a regime you are right but please consider the following scene.

Paleo ice cream is perfect for your regime because it does not ask for whipping cream.

Paleo is only for those who dream about a very light egg cream and far away from caloric heavy cream.

Paleo nourishment with ice cream is what I call supreme.

Let me tell you this. If you stick to it, you will never get sick!

Ivan Illich can really speak to this:

**Healthy people are those who live in healthy homes on a healthy diet; in an**

**environment equally fit for birth, growth work, healing, and dying...**  
**Healthy people need no bureaucratic interference to mate, give birth, share**  
**the human condition and die. -Ivan Illich** Just make sure to stick to it!

## Paleo Is Like J



Paleo reminds me a lot of the letter J because the Paleo diet has lots of juicing going on every day.

The only problem is if your equipment or juicer breaks, you'll have to go to the store and buy a green shake.

You can also ask your mate and then you can go ahead and blend your daily Paleo trend!

Let me tell you this. If you stick to it, you will never get sick!

John Wooden can really speak to a situation like this: "**Perfection is impossible. However striving for perfection is not. Do the best you can under the conditions that exist. That is what counts.**" -John Wooden

## Paleo Is Like K



Paleo is really a lot like K because the Paleo diet is filled with strange things called kale chips and meat strips.

The only problem is that when you eat them, it's like you're eating sticks.

So here comes my bag of trick and let me tell you they are all about the quick fix: Get some Paleo cake mix!

Here is a very wise man who can speak to this and I assure you this will give you the kicks: "**Most people work hard and spend their health trying to achieve wealth. Then they retire and spend their wealth trying to get back their health.**" -Kevin Gianni

## Paleo Is Like L



Paleo is like L because it reminds me of some great lasagna recipes made with healthy remedies.

Of course the lasagna has to be made out of some grain free ingredients like onions, salsa and the rest of the healthy Paleo nutrients.

The only problem with Lasagna is this.

You never want to eat it on the Mount Vesuvius.

The reason for this is quite obvious and it is this.

Italians are dubious and curious about things that sound like flings.

So never ask an Italian about some yummy raw honey because they have not clue about the Paleo taboo!

On the other hand, Loren Cordain knows exactly what it is: "**Our genetic makeup is still that of a Paleolithic hunter-gatherer, a species whose nutritional requirements are optimally adapted to wild meats, fruits and vegetables, not to cereal grains.**" -Loren Cordain

## Paleo Is Like M



Paleo is quite like the letter M because it has some great meatloaf on the plate.

The only problem is... well, to be honest, with gravy it's good, so on this I'll have to be brave and rave.

Another thing you have to engrave.

Meat is ingredient number one because as you know Paleo is absolutely great for muscle gain and it also soothes your pain.

If you need to regain make sure to integrate lots of Paleo ingredients like salads and romaine.

Paleo is also a very good thing for athletes.

Eat a lot of Paleo fruits if you are dealing with some kind of active sport and if you use your feet for heavy transport.

Let me tell you this. If you stick to it, you will never get sick!

Marc Aurelius can really speak to this because he has the experience: "**The wise man sees in the misfortune of others what he should avoid.**" -**Marcus Aurelius**

## Paleo Is Like N



N

Paleo is really a lot like the letter N. On the other hand, the Paleo lifestyle also says that noodles are too frugal and therefore Paleos hate noodles.

To primals noodles are like oodles and doodles and that's why noodles are not entitled to be considered vital.

The only problem with that is this.

Wheat and grains are in almost everything.

The serious Paleo people say noodles are a fling and rather stick to eating chicken wing.

They say that's what brings the ultimate upswing.

Paleos also love the chicken scent and the fact that chicken is a healthy supplement.

For them that's the only advice and consent!

Let me tell you this. If you stick to it, you will never get sick!

Niccolo Machiavelli can really speak to this:

**Develop the strength to do bold things, not the strength to suffer. -Niccolo Machiavelli, The Prince** Just make sure to stick to it!

## Paleo Is Like O



Paleo is a lot like O because the Paleo lifestyle features orange chicken, but you've got to substitute the rice in order to maintain the absolute Paleo attitude.

When you do, you'll have a belly that feels quite mighty nice!

It is true primal people go against the grain which is an outlook that is shared by Oscar Wilde, too: **"Everything that is popular is wrong."** -Oscar Wilde

## Paleo Is Like P



Paleo is much like the letter P.

The Paleo diet can let you have some pudding that some folks describe as soothing while others describe it as pretty diluting.

If you enjoy Paleo desserts like pudding, remember, you must love the art of bluffing.

A Paleo pudding is not comparable to that fat enriched muffin that people are so much loving.

Just remember though that Paleo pudding is basically amazingly and unfailingly sickening to the ones who love butter, fat and cream because Paleo pudding is so very detailing with the ingredients that Paleo folks make a real intriguing secret about.

They are not even willing to give it out, and if you are guessing that the only secret to Paleo is eating brussels sprout, salmon trout and working out, you are totally on the wrong route.

Let me tell you this. If you stick to Paleo, you will never get sick!

Peter Pitrelli can really attest to this:

**"True silence is the rest of the mind, and is to the spirit what sleep is to the body, nourishment and refreshment." -William Penn** Just make sure to stick to it!

## Paleo Is Like Q



Paleo is pretty much like the letter Q.

The Paleo diet might let you have some quinoa since it's not a grain or bean.

The only problem is that quinoa isn't as tasty as it seems!

Let me tell you this. If you stick to it, you will never get sick!

Quincy Hawthorne can really speak to this:

**"The only exercise some people get is jumping to conclusions, running down their friends, side-stepping their responsibilities, and pushing their luck!" - Quincy Hawthorne** Just make sure to stick to it!



## Paleo Is Like R



Paleo is like the letter R. The Paleo diet has some restaurants that you can enjoy if you deploy the beauty secret of Helen Of Troy.

And, if all else fails, you can just later grab a snack that is a power pack because it is made out of watercrest, magic jack and some Paleo smack.

Let me tell you this. If you stick to it, you will never get sick!

Richard Branson can really speak to this: **As an adventurer...I try to protect against the downside. I make sure I have covered as many eventualities as I can. In the end, you have to take calculated risks; otherwise you're going to sit in mothballs all day and do nothing. -Richard Branson** Just make sure to stick to it!

## Paleo Is Like S



Paleo is really much like the letter S: Paleo snacks, Paleo smores, Paleo scones, Paleo shrimps with coconut milk and Paleo smoothies.

No matter if you prefer Paleo salty or sweet, a primal Paleo always loves coconut milk.

Coconut milk can be used for shrimps and of course coconut milk can be used for making smoothies salmon pink.

Of course coconut milk is perfect for making some groovy mixed drinks, but never tell a Paleo lover to taste some sugar loaded soft drink.

As you can see the Paleo diet has some snacks that are quite versatile if you like to lead a healthy life style once in a while.

So make sure to include some Paleo snacks because not only do they help you relax, but they also provide you with that essential Paleo flax.

As you can see by now Paleo is not only about loco things like vegetable wax, but keeping your mind open to that artistic style with a smile while you compile more ingredients in style.

Let me tell you this. If you stick to it, you will never get sick!

Satchel Paige can really speak to this because she knows this technique: "**The time to relax is when you don't have time for it.**" -**Satchel Paige** Just make sure to stick to it!

## Paleo Is Like T



Paleo is in my mind much like the letter T because the Paleo diet has some toppings that add flavor by the bunch.

How about a t-bone steak topped with another t-bone there for lunch or how about a t-bone steak for sunday brunch?

Don't you agree that Paleo is quite a munchy crunch?

Remember the best way to enjoy a Paleo steak is to eat it in great silence because eating steak the Paleo way depends on things like compliance and reliance.

You do not need to study a lot of science to understand that this alliance between you and your steak is what makes Paleo great!

Let me tell you this. If you stick to it, you will never get sick!

The 14th Dalai Lama can also speak to this because he knows his technique:  
**"Remember that silence is sometimes the best answer." ~Tenzin Gyatso, the**

**14th Dalai Lama** Just make sure to stick to it!

## Paleo Is Like U



Paleo is also quite like the letter U because Paleo reminds me of Ugnspannkaka.

Ugnspannkaka is also quite nice with every ingredient that is raw because it follows the Paleo organic law.

This pancake that can also be enjoyed the Paleo way is also referred to as Ugnspannkaka by the Swedish petit bourgeois.

There are other things like Fläskpannkaka and Saffranspannkaka, but the important thing to remember they are all employing the law of raw!

If you think that this Paleo thing is getting out of line, let me tell you this.

Question the Paleo diet and with you, an expert will have a grand ol' time!

And as always, never, never forget this.

If you stick to it, you will never get sick!

Umberto Ungerer can really speak to this:

**"The only exercise some people get is jumping to conclusions, running down their friends, side-stepping their responsibilities, and pushing their luck!" - Umberto Ungerer** So, please make sure to stick to it!

## Paleo Is Like V



Paleo is a bunch like the letter V and the Paleo diet also stands for V as in vegetables because a Paleo is expected to eat a lot of beet and not cheat.

Berries, veggies, melon and cinnamon are in comparison better than alternative medicine because they lower your adrenaline.

Let me tell you this. If you stick to it, you will never get sick!

Virgil can also speak to this: "**They can because they think they can.**" -Virgil  
Just make sure to stick to it!



## Paleo Is Like W



Paleo is pretty much like the letter W because the Paleo diet has some hardcore wraps that have some decent taste.

Just remember not to eat them in your great hunger haste because otherwise your Paleo taste is going to waste.

Instead of consuming some obnoxious toxic waste, the Paleo folks rather enjoy their taste with some organic tomatoe paste.

Paleos, perhaps, also love their wraps with crabs while others prefer them with hot potatoes and a juicy piece of tornadoes.

Let me tell you this. If you stick to it, you will never get sick!

Winston Churchill can also speak to this because he knows the technique:  
**"When you're going through hell, keep going." -Winston Churchill**

## Paleo Is Like X



Paleo is a lot similar to the letter X because the Paleo diet will make you eat right to bring back your youth because Paleo truth is the only thing that helps soothe in case you are confused.

Paleo will make you feel better after you read the scarlet letter.

That really is the truth about Paleo and youth.

Let me tell you this. If you stick to it, you will never get sick!

Xao Oz can also speak to this because he knows the technique: "**Nobody can go back and start a new beginning, but anyone can start today and make a new ending.**" -Xao Oz

## Paleo Is Like Y



Paleo is a lot like the letter Y.

Paleo yorkshire pudding, paleo yogurt, paleo yams, and some scrumptious Paleo clams.

Never forget don't fall for these Paleo ingredient scams because one thing is for sure: homogeneous ingredients pure!

Deviance is the mother of obedience if Paleo is your convenience.

So let me tell you this. If Paleo is your prescience and part of your expedience, allegiance is what you are going to get from the Paleo crowd.

To sum it up in two words Paleo is quite the opposite of a homogenous and tedious experience!

Let me tell you this. If you stick to it, you will never get sick!

Martin Yan can also speak to this because he knows the technique: "**People who**

**don't travel cannot have a global view, all they see is what's in front of them. Those people cannot accept new things because all they know is where they live." -Martin Yan**

## Paleo Is Like Z



Paleo is really like the letter Z because Paleo is like zizzling zucchini bread.

Now you've learned a lot about getting ahead because Paleo bread is quite the opposite of sick making baking.

As you can see by now, being primal is all about health and tribal revival, and only the Paleo people are ready for survival because when you've got your health, what you really have is great wealth!

Make sure to live with the rules of Paleo and if you do, you will have the tools of all the Paleo schools.

The last thing you might consider is to get yourself a set of steak knives because if you have the right cutting knives you will be able to come to life.

Paleo can really be described as cunning and stunning and Paleo is like changing your life.

You'll see, once you stick to Paleo with the right cutting knife, you will see your quality of life.

To sum it up in a few words:

Paleo is the way of life and the walk of life in unity, and Paleo will also bring you an eternal life because Paleo, my friend, is the elixir of life.

I hope by now you get my point of view because **Paleo is just like You!**

Let me tell you this. If you stick to it, you will never get sick!

Here is yet another quick kick:

**"Be not afraid of growing slowly, be afraid only of standing still." ~Chinese Proverb** And always, always remember stick to it because **Paleo Is Like You!**

## Conclusion



Paleo every day can help you change your life.

It can be the tool that is needed to eliminate your life's strife.

A few minutes is all it takes to explore and find an answer to how primals are eating boar instead of running to that convenience store.

Boar is what Paleos adore and you will find that practicing the law of Paleo is guaranteed to bring to you that world view of raw, too, because Paleo law is tried and true and with Paleo you'll never catch that nasty stomach flu!

## More Scrumptiousness

Paleo Giveaways... My Favorite Things That You Can Win... Learn How To Make Guilt Free Paleo Desserts...

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To get access to The Unforgettable Paleo Moments where you will get even more Paleo lifestyle pleasures, including some magical "Oprah" Paleo Favorite Things and other delightful guilt free Paleo goodies that will help you with your own Paleo experience in a big way, check out the link below...

More Paleo Moments...[Unforgettable Paleo Pleasures](#)

## About The Author



Ginger Wood was born in Germany and raised in the US and London where she studied at London and Los Angeles universities and where she discovered American desserts.

After working for ABC News in the US and enjoying American desserts so much, she decided to set up her baking brand called Oh So Scrumptious & Oozing.

Her home-cooked muffins, cakes, tarts, cupcakes, pies, brownies and other high-quality American desserts are a huge success among her friends and family so that she decided to turn her passion into a profitable entity.

Oh So Scrumptious & Oozing was founded in 2013 by Ginger Wood.

Among her fans she is best known for her collection of family-friendly, community-style cookbooks and craftbooks. No matter what the problem is on

hand, Ginger is able to break down topics like paleo recipes, holiday recipes, slowcooker recipes and many more into easy and quick to fix, no fail & no tear, scrumptious & healthy and no guilt type of recipe solutions that are very usable and consumer friendly. She loves helping people discover pleasurable moments with baking and cooking that ultimately lead to a healthier and happier lifestyle.

Each book is charming and heart warming, but created with one single goal in mind. Help today's time-strapped, budget-conscious families. She fixes every kitchen, food and household related issue with her fix it mentality without sacrificing the good taste!

Her books are filled with satisfying, scrumptious, and oozing recipes that she has collected over the years and adapted to the reality of today.

Along with treasured family recipes, each of her books includes the stories that go along with these proven and tested recipes and the usability that comes out of it which is critical for today's consumers.

The goal of Oh So Scrumptious & Oozing is to grow from a home based kitchen-table operation to become a nationally recognized best-selling publisher and helping individuals who are new as well as the advanced users.

Check out all the Oh So Scrumptious & Oozing books below and [visit their fanpage](#): to get your free share of scrumptious & oozing recipes that are going to fix your cooking and baking deliciously!

You'll love the Oh So Scrumptious & Oozing Lifestyle as soon as you learn how to do it the easy fix way that will save you hours of work, plenty of tears and that will bring lots of scrumptious & oozing moments onto your table!



## More Information

**If you enjoy our work, please feel free to join our facebook pages at:**

<http://www.facebook.com/ohso scrumptiousoozing>

**You can also follow us on Twitter and Youtube at:**

<https://twitter.com/OhSoScrumptiousOozing>

<http://www.youtube.com/user/OhSoScrumptiousOozing>

<https://www.goodreads.com/user/show/28836218-ginger-wood>

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<http://www.ohso scrumptiousandoozing.com>

<http://www.ohso scrumptiousandoozing.com/blog>

**Oh So Scrumptious & Oozing Books: (or Just look for Oh So Scrumptious & Oozing via the Google or Amazon search bar) [All Books from Oh So Scrumptious And Oozing](#)**

You can check out the upcoming releases on our Official Facebook page above.

You can also do a search for the author name Ginger Wood and Oh So Scrumptious & Oozing on the Amazon marketplace, or on Google.com, or your favorite search engine, Goodreads and similar book discovery marketplaces like that.

Happy Paleo lifestyle discovery and reading!

Ginger Wood & Oh So Scrumptious & Oozing

## Resources



**Best Online Tool for Recipe Note Taking:** <https://evernote.com>

**30+ Time-Saving Kitchen Tools:** <http://answerszone.info/ILike/coolbakingtools>

**Cool Paleo Apps:** <http://primaltoad.com/apps>

**Recipe Templates For Download & Easy Reference:** <http://www.chefs-resources.com/Recipe-Templates-Excel>

**Printable Cookbook Templates:** <http://office.microsoft.com/en-us/templates/recipe-cookbook-TC103462862.aspx>

### **Top 10 Paleo Recipe Sites:**

These top 10 Paleo sites are a good starting point for beginners because they offer answers to questions like what Paleo food plan should I rely on, what exactly should I eat, what is a proper Paleo breakfast, what are good bread replacements, am I allowed to eat bread and potatoes?

Once you've a Paleo beginner has adjusted his or her mindset and understood the concept of Paleo, it is really very easy to make eating the Paleo way a habit. Even the advanced users get stuck sometimes. This is the reason why we included these top 10 Paleo sites to give beginners and advanced users some unique new ideas.

These are really the best Paleo sites and resources we have been able to find so far and we use them for our own Paleo lifestyle.

<http://nomnompaleo.com>

<http://www.paleocupboard.com>

<http://www.healthhomehappy.com>

<http://paleomg.com>

<http://www.healthhomehappy.com>

<http://eatdrinkpaleo.com.au>

<http://stupidideasypaleo.com/recipe-index>

<http://www.elanaspantry.com>

<http://fastpaleo.com>

<http://www.healthhomehappy.com>

<http://civilizedcavemancooking.com>

<http://fastpaleo.com>

<http://www.thefoodee.com>

