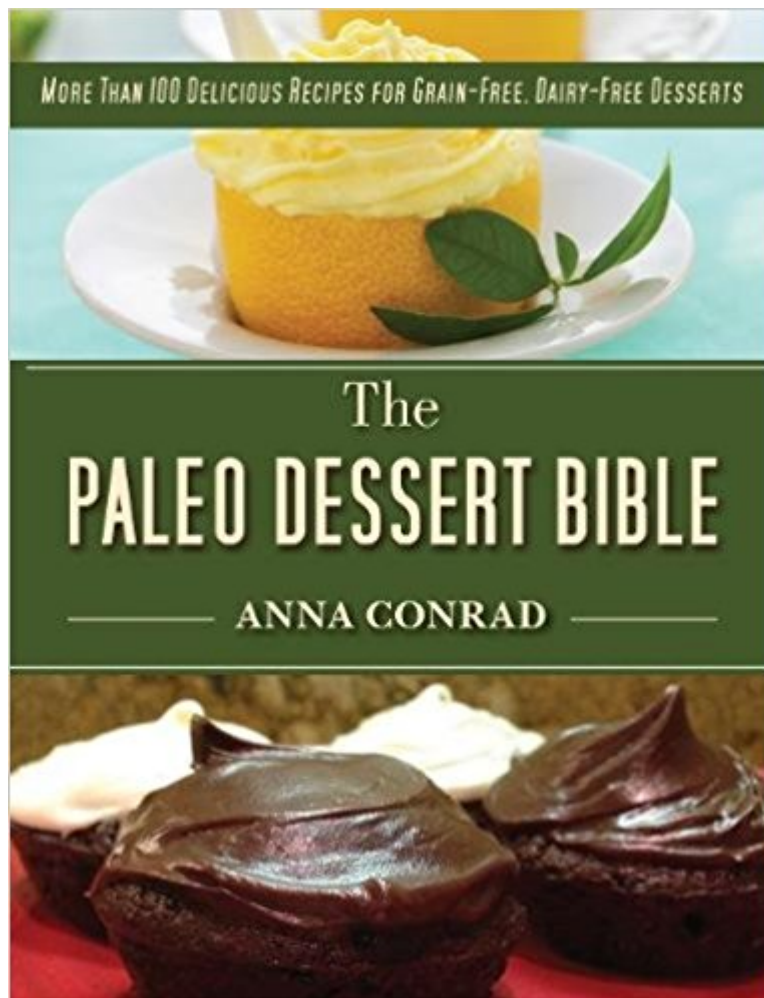




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The Paleo Dessert Bible: More Than 100 Delicious Recipes For Grain-Free, Dairy-Free Desserts



Synopsis

By now we all know that the paleo diet yields amazing results for weight loss and overall well-being. But even the most health-conscious among us want to treat ourselves once in a while to something sweet and indulgent. What if we could indulge without cheating on the diet? In this book, readers will find more than one hundred recipes for amazing desserts that will leave you feeling satisfied, energized, and healthy. When chef and caterer Anna Conrad was asked to provide paleo recipes for a fitness group's twenty-eight-day paleo challenge, she was a little skeptical. Could an athlete—or even an average person—really maintain a balanced body without any grains or dairy? Before agreeing to the job, she decided to follow the diet for two weeks to see how she felt. In that short amount of time, she lost eight pounds without feeling hungry or deprived, and her blood pressure, heart rate, and cholesterol all stayed within healthy limits. She gladly provided the recipes and now offers a paleo menu as a regular part of her catering business. In this book, she offers delicious dessert recipes, including: Almond butter pie Bread pudding Chewy chocolate cookies Chocolate fudge cake Lemon squares Pecan bars And more! Skyhorse Publishing, along with our Good Books and Arcade imprints, is proud to publish a broad range of cookbooks, including books on juicing, grilling, baking, frying, home brewing and winemaking, slow cookers, and cast iron cooking. We've been successful with books on gluten-free cooking, vegetarian and vegan cooking, paleo, raw foods, and more. Our list includes French cooking, Swedish cooking, Austrian and German cooking, Cajun cooking, as well as books on jerky, canning and preserving, peanut butter, meatballs, oil and vinegar, bone broth, and more. While not every title we publish becomes a New York Times bestseller or a national bestseller, we are committed to books on subjects that are sometimes overlooked and to authors whose work might not otherwise find a home.

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Customer Reviews

Anna Conrad grew up cooking with her Hispanic mother and has enjoyed multicultural culinary influences from her French grandmother, her Italian mother-in-law, and her formal culinary training in Thailand. She founded her catering business, Chef Anna, in 2010 and Ideal Mealz, a service designed to help home cooks prepare healthy meals affordably and efficiently, in 2011. She lives in Chattanooga, TN, United States.

Not as good as expected, many recipes repeated.

no complaints

Although I've yet to actually try any of the recipes, there are so many issues and typos in them I'm afraid of how something will turn out. I don't know if the book was even proof-read before publication. Here are some examples: Page 87 has a recipe for Paleo Marshmallows. The prep instructions mention the palm sugar mixture. The problem is the list of ingredients doesn't include palm sugar....just honey. The same issue cropped up on page 118 for Pineapple Cake where the instructions mention sour cream but is not listed in the ingredients. Sour cream isn't even considered paleo. Further, one recipe calls for 5/6 cup of palm sugar. Really? I don't know about any of you but I don't have a measuring cup with that on it. Why not 3/4 C +2 Tbs. for example. The author also uses recipes that call for almond flour AND almond meal. They are the same thing, just google it. There are so many problems with this book discovered in just a few minutes of skimming through, I will likely return it. What a disappointment. Sorry Ms. Conrad, this book needs to be revised to correct the problems.

Nice Paleo book.

Poorly written, poorly edited. A few recipes call for melting cacao nibs. Cacao nibs do not melt. The author is definitely not qualified to write a cook book in this field. If you want to find a real Paleo

book, look for something written by a nutritionist who understands the ingredients better. Do not waste your money.

Some interesting recipes, but it feels like at least half the recipes are just duplicates of a single recipe with one ingredient modified. What a waste of space. Also there are so many typos it makes me doubt the accuracy of all of the recipes. Photos are reused for different recipes - for example, peach crisp and peach squares share the same photo but are different recipes, so there is really no way they should look identical. Lazy writing, lazy editing.

Definitely not for a Paleo beginner who isn't used to normal measurements of commonly used ingredients. The author/editor makes so many mistakes it's unreal!

Delicious desert recipes for those with a sweet tooth who want to maintain their waistline.

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