



# Paleo Desserts For Dummies

*Adriana Harlan*

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**Paleo Desserts For Dummies** Adriana Harlan

**More than 125 simple and sweet recipes for Paleo-friendly desserts**

Following a Paleo Diet doesn't mean you have to give up your favorite desserts and treats. *Paleo Desserts For Dummies* offers up more than 125 tasty and delectable dessert recipes that you can enjoy while staying true to the Paleo lifestyle. From chocolate cake and blueberry muffins to maple-walnut ice cream and cookie dough Oreo cookies—there's something to please every palate in this collection of Paleo-friendly desserts.

The Paleo diet is one of the hottest diet and healthy-eating approaches around, as more and more people discover an appealing and sustainable alternative to the restrictive diets that can lead to burnout and failed weight loss efforts. Using natural foods to achieve great health and a perfect physique, the Paleo diet can lower the risk of cardiovascular disease, blood pressure, and markers of inflammation, as well as help promote weight loss and optimal health. Plus, it has become a lifesaver for the millions of Americans with celiac disease who benefit from eating natural and gluten-free foods.

- Provides recipes that are all made with nourishing, whole foods with no added refined sugars, gluten, grains, or soy
- Includes Paleo recipes for holiday treats, like chocolate pumpkin pie, Halloween ghost truffles, and a fudgy peppermint bark
- Gives you access to a handful of additional Paleo dessert recipes on [dummies.com](http://dummies.com)
- Helps you discover the healthy alternatives to sugar and chemical-laden junk food

With the satisfying recipes in *Paleo Desserts For Dummies*, you'll soon discover how sweet it is to give in to primal cravings!

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