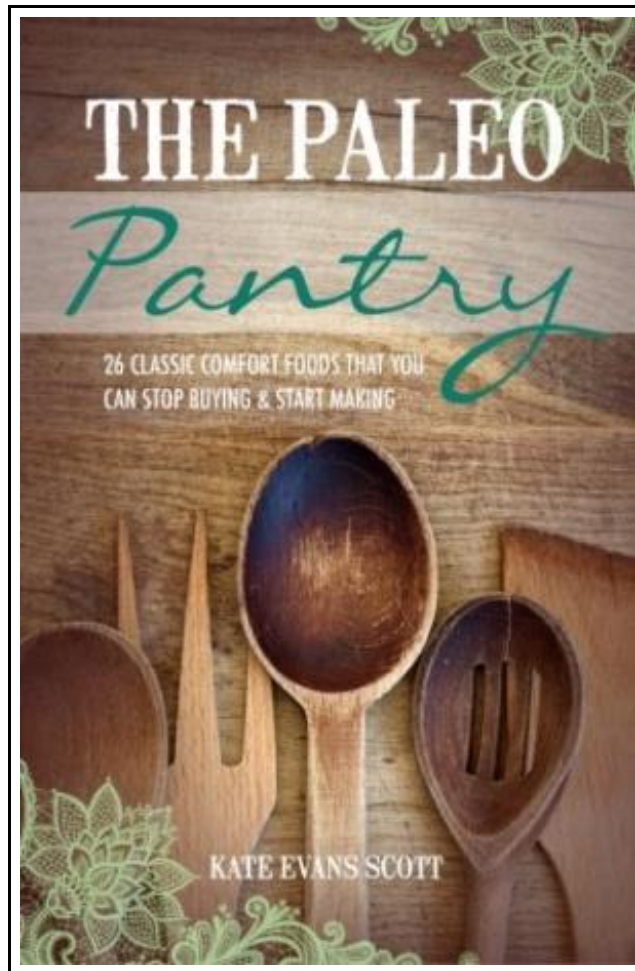


The Paleo Pantry 26 Classic Comfort Foods That You Can Stop Buying And Start Making



Filesize: 1.04 MB

Reviews

Comprehensive guide! Its this type of very good read through. It is actually written in simple words and phrases rather than difficult to understand. It is extremely difficult to leave it before concluding, once you begin to read the book.

(Bernie Mante PhD)

THE PALEO PANTRY 26 CLASSIC COMFORT FOODS THAT YOU CAN STOP BUYING AND START MAKING

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Kids Love Press. Paperback. Book Condition: New. Paperback. 88 pages. Dimensions: 8.5in. x 5.5in. x 0.2in. Who Else Dreams of Paleo Toaster Pastries or Paleo Soft Serve Ice Cream Dream No More! An Allergy-free, Whole Foods Recipe Book Designed for Health Conscious and Food Sensitive Peoples Pantries. Transitioning to Paleo can be challenging - in our moments of stress or weakness all we want to eat is our typical unhealthy comfort foods. In The Paleo Pantry, our family favorites such as ice cream, toaster pastries and jam can be easily made at home with Paleo-friendly, gluten-free ingredients such as almond flour, coconut flour, coconut milk, natural sweeteners and whole nutrient-dense meats, eggs, veggies and fruits. In her latest cookbook, Kate Evans Scott inspires you to step inside your kitchen, take a look around, and change the way you relate to food. The Paleo Pantry was born of a tight budget, Kates love for sharing Paleo-friendly, gluten free recipes and a desire to enjoy a homemade healthy eating life with her growing family. On a mission to stick to the Paleo diet, and remove prepackaged and processed foods from her cupboards, she learned that with a little determination, anything from the store could be made in her kitchen. Here are her very approachable recipes for 26 everyday staples, organized by Fridge, Freezer, and Cupboard from classic canned goods such as honey pears, dill pickles, and homemade applesauce to nut butters and spreads such as almond butter, blackberry freezer jam, and spreadable whipped butter. Enjoy homemade stocks, quick and nutritious breakfast options like orange cranberry scones, instant blueberry hot cereal and toaster pastries. The Paleo Pantry is a celebration of food containing all-time favourite recipes like soft serve banana ice cream, tasty beef jerky, crunchy apple and plantain chips. Stock your kitchen pantry...



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