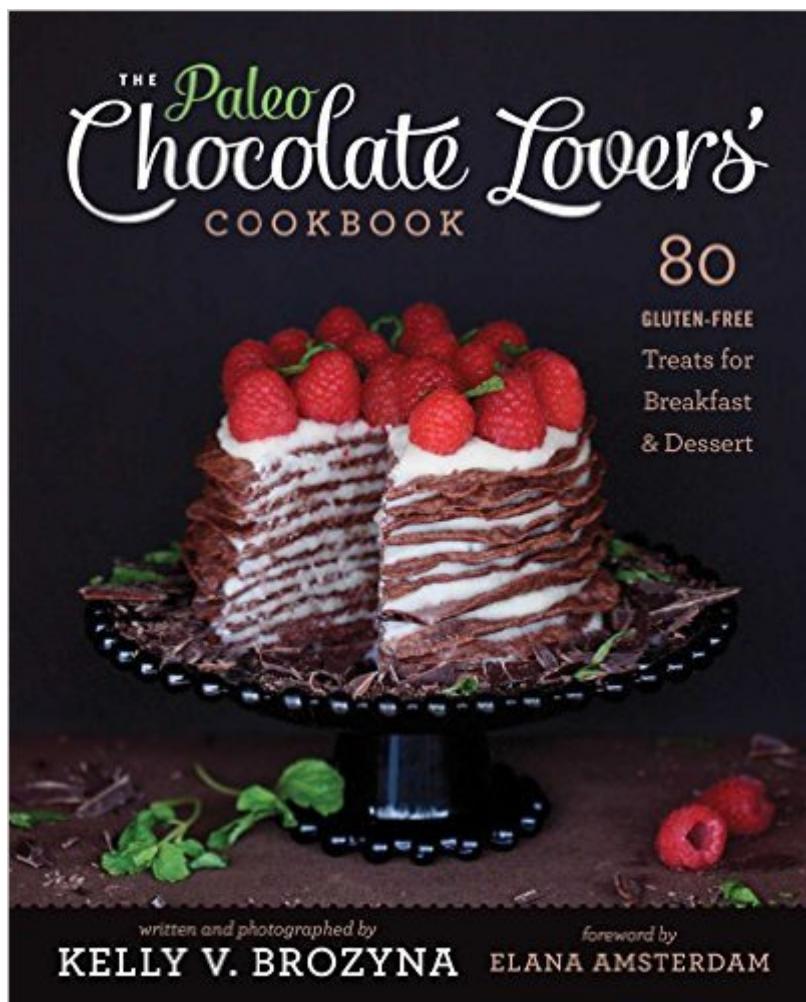


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The Paleo Chocolate Lovers' Cookbook: 80 Gluten-Free Treats For Breakfast & Dessert



Synopsis

The Paleo Chocolate Lovers Cookbook features 80 gluten-, grain-, and dairy-free recipes for the health-conscious chocolate lover. Kelly Brozyna, host of the delightful cooking blog, The Spunky Coconut, has created delicious chocolate treats made with coconut and ground nut flours for both breakfast and dessert. And, using dates and small amounts of the herbal sweetener stevia in these nutrient-dense baked goods, she shows you how to keep the honey and coconut sugar to a minimum. Recipes include: Chocolate Crepe Cake with Coconut Cream, White Chocolate Dipped Macadamia Biscotti, Homemade (dairy-free, low-glycemic) chocolate bars, Chocolate Swirl Cheese Danish Cake, Lava Cakes, Dark Chocolate Hazelnut Cookies, White Chocolate Truffles, Molten Chocolate, Cherry Cordial Fudge, and more. This book also details the components of chocolate--the importance of organic and fair trade chocolate, frequently asked questions about chocolate, and a side-by-side comparison of store-bought dark chocolate bars.

Book Information

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Average Customer Review: 4.8 out of 5 starsÂ See all reviewsÂ (78 customer reviews)

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Customer Reviews

Much like Kelly's wonderful blog, this book is beautifully photographed and it is filled from cover-to-cover with incredible chocolatey recipes! Even if you don't follow a paleo diet, which I myself do not exclusively follow, it is incredible for us that eat gluten-free, refined sugar-free and dairy-free. Plus, there are even a few vegan recipes, with plenty more that could be adapted by subbing out honey for maple syrup or another sweetener of your choice. I love recipes that support my way of eating and dietary limitations no matter what "special diet" title they fall under, so even if you aren't paleo or even gluten-free, maybe you are just looking to clean up your diet and avoid

unnecessary things when you can - this cookbook is for you! It can be quite difficult to find recipes and cookbooks that fit my criteria but yet are still uncomplicated, don't require a long list of fancy exotic ingredients and have a bazillion steps! This incredible cookbook is FILLED with them. Simple, easy, uncomplicated and approachable - oh and have I mentioned totally decadent, sinful and rich, all at the same time! I already have chocolate fingerprints on many of the pages in this cookbook, I have so many recipes bookmarked and I have made a few and each one has been more amazing than the next. I am so excited to now have a healthy chocolate "bible" of sorts, to refer to for the perfect chocolate treats whenever I want. An entire book filled with recipes, every single one safe for me and my way of eating. There are breakfast options, cakes, cookies, pies, ice cream, candy and so much more. There is even a section of savory recipes including stews, salads and other dinner-time meals.

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