



Paleo Coconut Flour Dessert Recipes

Laura K Johnson

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This book is for people who are following or would like to follow Paleolithic diet guidelines. Learn about the paleo diet in the introduction. Follow that learning up with some practice with the collection of sweet treat recipes in this book. All the recipes contain coconut flour and are made to satisfy sweet tooth cravings.

The first section is full of pastries from donuts to cinnamon rolls to muffins. Following pastries, try out a variety of healthy cookies that are still delicious. After cookies, move on to cake recipes great for special occasions. These are so good, you might make one just because. The last section starts with a coconut flour recipe for making a pie crust. The chapter that follows is full of pie filling recipes for that pie crust and finishes off with a delicious apple pie stuffed apple. Enjoy trying these recipes out and knowing that they are not too hard on your body.

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