



Paleo Recipes: Easy and Delicious Waffles, Pancakes, Muffins, Finger Foods and Entrees

Maggie Mortera

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About the Book This book is to help newcomers and experienced Paleo Diet followers alike. Learn about the Paleo diet in the introduction, then put the guidelines into action with 5 sections on Paleo recipes using coconut oil. The delicious underlying flavor of coconut is complimentary to many food combinations. Try out these waffles and pancakes for breakfast, without spiking your blood sugar levels. Then try the muffins for a great breakfast or snack on the go. Next you will find some of the most popular finger foods including chicken nuggets and sweet potato skins. Lastly, try a few dinner entrees for a unique change of flavor. You won't believe you can enjoy these delicious recipes without even breaking the diet rules! Good luck on your Paleo journey and let these recipes help you along your way

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