



# **Paleo Desserts for Two: 20 Delectable and Gluten-Free Recipes You Can't Resist Making (Low-Carb & Grain-Free)**

*Terry Parks*

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# **Paleo Desserts for Two: 20 Delectable and Gluten-Free Recipes You Can't Resist Making (Low-Carb & Grain-Free)**

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## **Paleo Desserts for Two: 20 Delectable and Gluten-Free Recipes You Can't Resist Making (Low-Carb & Grain-Free) Terry Parks**

This is a book dedicated to readers who are looking for the best ways to enjoy and share their desserts without the feeling of guilt, as well as without triggering their gluten-related allergies. Desserts have the reputation of being too fattening, too sweet and too calorie-laden, which means that having a slice or two of your favorite decadent chocolate cake or a serving of your mom's luscious tiramisu will not only expose you to the dangers of increasing your blood sugar level, but will also make your calorie intake skyrocket in an instant. And because of this notion of desserts being one of the culprits that cause weight gain, a lot of people shun away from the temptations of taking even a small bite of that pie – which will make them feel deprived. As you all know, the feeling of restriction and deprivation can lead to bingeing, over-eating, and sneaking to get a quick sugar fix. This is the reason why this book has been conceptualized and written. We definitely understand why most people cannot seem to completely resist giving in to the demands of their sweet tooth; the same way we understand your need to stay fit and healthy. This book contains information on how to pull off making and eating desserts without the feeling of wanting to throw up or feel guilty after. Read through the pages and you will be introduced to the world of Paleo diet; you will also find out that you can make guilt-free Paleo and gluten free desserts for you and your loved ones to share.

## **Here is a preview of what you will learn from this book:**

- Understand what the Paleo Diet is and how it works.
- Learn the different types of food that you can eat and the types that you need to avoid to achieve that rocking body that you have been dreaming of.
- Discover the benefits of going on a Paleo Diet
- Find out if the Paleo diet can affect any existing medical conditions
- Discover new Paleo and gluten free recipes that you can try at home with your loved one.

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