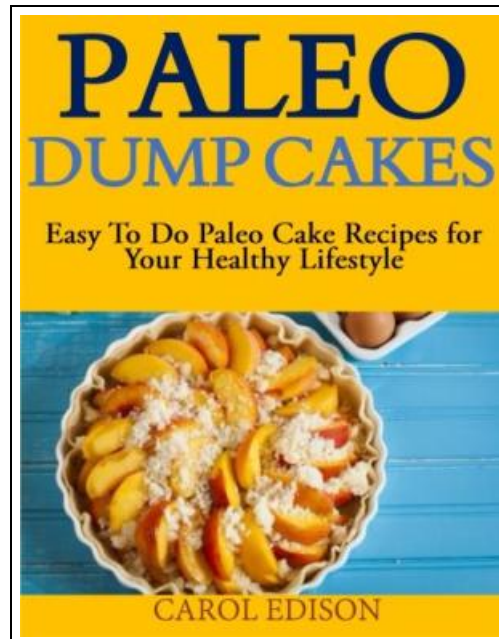


## Paleo Dump Cakes: Easy to Do Paleo Cake Recipes for Your Healthy Lifestyle (Paperback)



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### **Reviews**

*Just no phrases to describe. It typically does not price an excessive amount of. It is extremely difficult to leave it before concluding, once you begin to read the book.*

*(Felton Hessel)*

## PALEO DUMP CAKES: EASY TO DO PALEO CAKE RECIPES FOR YOUR HEALTHY LIFESTYLE (PAPERBACK)

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Createspace, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Paleo Dump Cakes: Easy To Do Paleo Cake Recipes for Your Healthy Lifestyle The Paleo Diet is one of the most sought after diet techniques by health enthusiasts and even those with medical conditions. The Paleo Diet basically mimics the diet of our ancestors during the Paleolithic era. With this diet, only natural ingredients are used and grass-fed meats are required. The Paleo Diet is among the most effective diets because it does not restrict you from eating the foods you love. You can still enjoy your favorite snacks, meals and sweet temptations as long as you substitute the ingredients with Paleo-approved ingredients, meaning no preservatives and only natural products and ingredients. This book is a collection of sweet temptations that are made nutritious and delicious using Paleo-approved ingredients only. Therefore, you can enjoy these sweet treats without any worries. Kids and adults alike will surely love these sweet delights. These recipes are so easy to make, you can actually let your children bake these for the family. All you need to do is mix the ingredients and dump them all together in a baking pan. You will surely get surprised with the result. With such easy steps, you will get deliciously baked goodness fresh out of the oven. You can use these recipes for special occasions and everyone will surely love them. In this book, you will learn how to bake: apple dump cakes, lemon dump cakes, peach dump cakes, pineapple dump cakes, coffee dump cakes and much more. These recipes are first-time cook and mom favorites. If you are just starting off with baking and you want to make sure you are giving yourself a healthy treat, these Paleo dump...



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