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(Sonya Koss)


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Kids Love Press, United States, 2014. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.ATTENTION PALEO DESSERT LOVERS:: The Search is Over! Finally a Recipe Book with Real Chocolate Lover Recipes for Real People - Kids Included! An Allergy-free, Whole Foods Chocolate Cookbook Designed by a Mom for Health Conscious and Food Sensitive Parents and Children. Chocolate does not have to be unhealthy, nor does it have to taste bad when trying to include it in a healthy diet. This book honors the reasons why all of us have a love affair with this creamy goodness by providing 27 kid-tested recipes that the whole family will love. Each recipe is Authentically Paleo and includes step by step instructions, estimated prep times, and tips for choosing the right recipe for the right occasion. The Paleo Kid s Chocolate makes indulging a healthy pastime by offering scrumptiously rich ideas that will inspire and motivate you and your kids to get creative in the kitchen. The recipes in this book are perfect for an allergy free diet. Allergy free diets have been proven to be helpful for children suffering from autism, ADHD, and asthma. This Gluten Free, Kid Friendly cookbook contains: - 27 delicious recipes for frozen treats, baked goods, beverages and spreads - Step-by-step instructions on how to make decadent chocolate snacks that will have your family coming back for more. - A brief history on the origins of chocolate and why homemade chocolate is healthy for you. - A base Paleo chocolate recipe that can be used in a variety of applications. - Recipes that are rich, delicious and completely free from common allergens such as gluten, dairy, grains, preservatives, dyes, soy and processed sugar. Some of the delicious Paleo Desserts...

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