



# **Paleo Desserts for Christmas: 50 Guilt-Free, Gluten-Free Paleo Recipes**

*Kristina Newman*

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# Paleo Desserts for Christmas: 50 Guilt-Free, Gluten-Free Paleo Recipes

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## **Paleo Desserts for Christmas: 50 Guilt-Free, Gluten-Free Paleo Recipes** Kristina Newman

Do you love sweets and treats and have a sweet tooth that you just can't shake? Do you constantly feel awful after indulging in some of your favorite treats? Do you suffer from the shame of the holidays? Well, desserts have such a bad reputation, we have come to believe that desserts ruin our diets, our figures and even our lives. However, this is simply not true, the desserts themselves aren't to blame, it's the low quality, heavily processed ingredients that they are made of, such as dairy products and wheat flour. Paleo Desserts for Christmas shows us that we can stick to our Paleo diet over the holidays while enjoying Christmas! Our healthy Paleo Christmas dessert recipes are delicious, lighter holiday desserts that you can bring to your annual cookie swap, leave out for Santa or enjoy yourself. From Christmas cookie recipes with Christmas custard recipes, your friends and family will love baking and eating our healthier Paleo Christmas recipes all season long! This book contains proven recipes and tips on how you can make quick, easy holiday paleo desserts. I will provide you with everything you need to know from tools, ingredients, and recipes to storage. I don't just offer the standard cookie recipes, I have a large variety of dessert recipes to choose from.

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