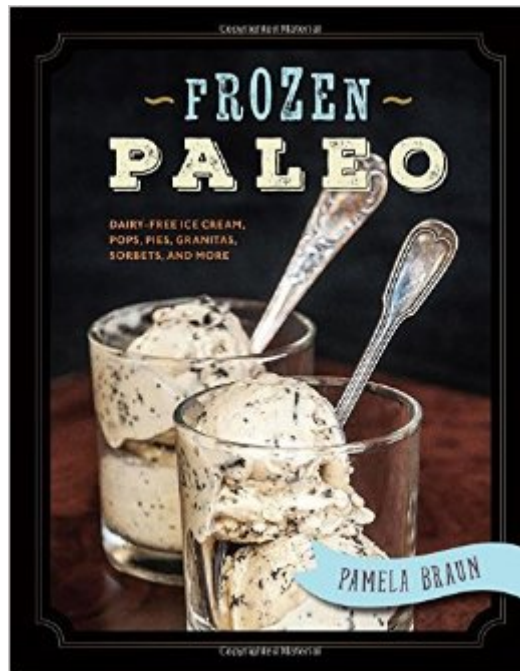


The book was found

Frozen Paleo: Dairy-Free Ice Cream, Pops, Pies, Granitas, Sorbets, And More



Synopsis

Frozen desserts that even a caveman would love! We all scream for ice cream—even those of us with dietary restrictions. The Paleo or Primal lifestyle doesn't have to be restrictive any longer, as there are now a host of dairy-free dessert options to satisfy your sweet tooth. Using nut milks, natural sugars, and no artificial additives, these recipes mimic the same creamy texture and sweet taste of regular ice cream. With full-color photographs and easy-to-follow, step-by-step instructions, delicious frozen treats like these can be whipped up in a flash: Salted Caramel Crack Ice Cream Bulletproof Coffee Affogato Vanilla Cherry Sorbet Watermelon Lime Granita Frozen Chocolate Cream Pie The Paleo-style of eating seems to be here to stay. This cookbook takes it to another level. 50 photographs

Book Information

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Customer Reviews

OMG -- where has this book been all my life??? Delicious and nearly guilt free. It's almost enough just to look at the photographs and be satisfied, but then again, you'd be missing out on the easy-to-make treats that taste even better than they look. Makes me want this terribly hot summer to last longer just so I can keep on making ice cream.

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