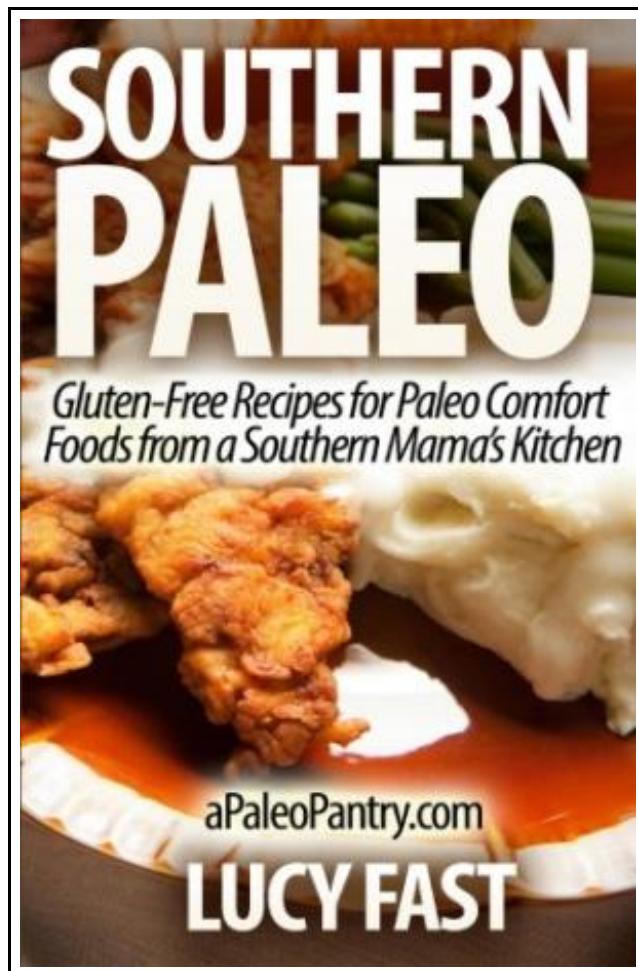


Southern Paleo: Gluten-Free Recipes for Paleo Comfort Foods from a Southern Mama's Kitchen (Paperback)



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Reviews

A top quality ebook and the font used was fascinating to read through. It is written in easy terms and not confusing. It's been written in an remarkably easy way in fact it is simply after i finished reading through this publication through which actually altered me, alter the way i believe.
(Roberto Block)

SOUTHERN PALEO: GLUTEN-FREE RECIPES FOR PALEO COMFORT FOODS FROM A SOUTHERN MAMA S KITCHEN (PAPERBACK)



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Createspace, United States, 2014. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.You know that eating a Paleo-style diet is puts you in touch with your ancestral roots-the late night talk show hosts nicknamed it the caveman diet, after all. While you have given up most grains, dairy, sugars, and legumes in order to achieve a better sense of health and well-being, your friends and loved ones might be wondering how you get along on a day-to-day basis-especially if you (or they) are a Southerner. I mean - where is the comfort food?!? Well, it s all well and good to get in touch with your ancient roots, but how is a Southerner supposed to carry on his or her heritage of food when you can t even make a pot of beans or use any butter on this diet? I mean, can you imagine Paula Deen cooking without butter-she d tell you flat out that ain t happenin y all! That s where Southern Paleo: Gluten-Free Recipes for Paleo Comfort Foods from a Southern Mama s Kitchen comes in to save the day! It s time to give a big hey, y all to cooking favorite Southern comfort dishes in an honest and true Paleo way. Even if you aren t Southern you re going to LOVE it! In this cookbook, you ll learn how to: Prepare a proper country breakfast (Think Biscuits n Gravy and more) Put together a platter of sides perfect for any covered-dish supper (Cole Slaw, Deviled Eggs, Huspuppies, and more!) Have a Friday Night Fish Fry any night of the week Put the bounty of the farmer s market to use in delectable desserts Have Sweet Tea, our non-alcoholic beverage of choice (and still...



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