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## The Paleo Pantry: 26 Classic Comfort Foods That You Can Stop Buying and Start Making (Paperback)

By Kate Evans Scott

Kids Love Press, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Who Else Dreams of Paleo Toaster Pastries or Paleo Soft Serve Ice Cream? Dream No More! An Allergy-free, Whole Foods Recipe Book Designed for Health Conscious and Food Sensitive People s Pantries. Transitioning to Paleo can be challenging - in our moments of stress or weakness all we want to eat is our typical unhealthy comfort foods. In The Paleo Pantry, our family favorites such as ice cream, toaster pastries and jam can be easily made at home with Paleo-friendly, gluten-free ingredients such as almond flour, coconut flour, coconut milk, natural sweeteners and whole nutrient-dense meats, eggs, veggies and fruits. In her latest cookbook, Kate Evans Scott inspires you to step inside your kitchen, take a look around, and change the way you relate to food. The Paleo Pantry was born of a tight budget, Kate s love for sharing Paleo-friendly, gluten free recipes and a desire to enjoy a homemade / healthy eating life with her growing family. On a mission to stick to the Paleo diet, and remove prepackaged and processed foods from her cupboards, she learned that...



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