



Paleo Snacks: 101 Quick, Easy, Delicious and Healthy Paleo Snack Recipes

Lisa Tonelli

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Paleo's - think you can't snack? Think again!

Continue living the Paleo lifestyle with these specially-created snacks for a spot of indulgence

Paleo Snacks was written by Lisa Tonelli, an accomplished cook and self confessed 'snackaholic', who loves experimenting with flavor combinations, and delights in eating and living a paleo lifestyle.

Living Paleo, it's not unusual to find your taste buds tempted by a desire for deliciousness outside of the usual meals. But what are you to do when the snack attack hits?

It's well known that eating the correct Paleo approved foods at regimented meal times, health benefits and daily energy requirements will be maintained and by all accounts you should never need to snack again.

Yes, the cavemen didn't snack on much apart from wild berries - but they didn't live in the modern 21st century. A life without snacks would be very boring indeed, and watching your friends and family tuck in to non-Paleo treats can be a tough test of willpower when you're trying to stick with the regime. Luckily, you never need to accept a bland, nibble free future when there is so many wonderful paleo ingredients to work with.

Inside the pages of **Paleo Snacks** you'll find 101 delicious and healthy recipes with easy-to-follow instructions for a scrumptious selection of paleo meals and snacks straight from your kitchen to your stomach. Finally, the path to personal peace and happiness through Paleo snacking is yours to command!

Tasty and Paleo-approved recipes in this book include:

- Lip-Smacking Mushroom Chips
- Golden Chicken Bites
- Herby Beef Nibbles with Spaghetti Squash
- Chocolate Cupcakes
- Churro Waffles with Homey Drizzle


Enjoy an amazing selection of creative savoury treats and sweet delights such as ice cream, cookies, and muffins, all yours to discover.

Taste them all, sigh in pleasure, and time and time again you'll smile to yourself, relaxing in a blissful guilt-free food coma, astounded by one overriding thought, "***I can NOT BELIEVE this is Paleo!***"

NOTE: Paleo Snacks is also now registered with the **Kindle Matchbook** system, meaning that if you prefer to purchase the paperback copy of this book, you will automatically qualify to be able to download a free digital copy of the Kindle book. It's your choice!

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