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Perfect Paleo: 30 Delicious Easy Paleo Breakfast Ideas (Paperback)

By Jamie Hunter

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Are you looking for healthy delicious Paleo Breakfast ideas? Figuring out what to cook for breakfast can be difficult when you re on the Paleo diet, especially for those just starting out. Perfect Paleo: 30 Delicious Easy Paleo Breakfast Ideas contains 30 tasty breakfast recipes that are entirely Paleo. The following recipes are included in this book: Eggs in an Avocado Boat.Eggs in a Bell Pepper.Egg Muffins.Egg Broth.Cauliflower Breakfast Muffins.Sweet Turkey Sausage Patties.Quick Frittatas.Mushroom, Sausage and Egg Sandwiches.Paleo Bread.Paleo French Toast.Coconut Flour crepes and pancakes.Sweet Potato Pancakes.Fruit Nuts in Plum Sauce.Paleo Oatmeal (with no oats).Pumpkin Porridge.Almond Milk and Nutty No-Grain GranolaPaleo Blueberry muffins.Paleo Coconut Breakfast Cookies.Banana Cream Parfait.and more. If you re looking for delicious Paleo Breakfast ideas that go beyond the requisite eggs and bacon recipes, this is the book for you.



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Reviews

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