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All the recipes in Paleo Desserts For Dummies are paleo/primal friendly and are made with nourishing, whole foods with no added refined sugars, gluten, grains and soy. Featuring 125-135 recipes (including a handful on Dummies.com), giving into primal cravings has never been easier!

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Enter paleo desserts. With nut flours and butters, creamy dairy-free alternatives, and natural sweeteners in the mix, it's possible to still enjoy rich, decadent flavors without the crash later ...

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