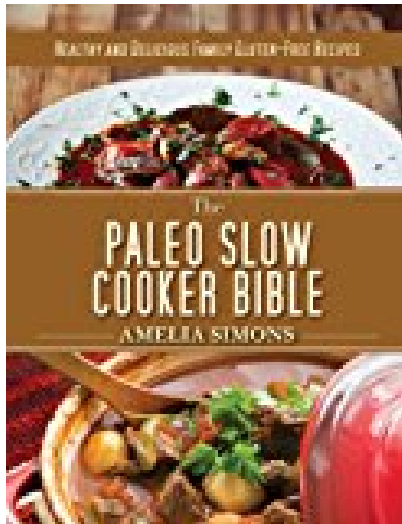


# The Paleo Slow Cooker Bible Healthy and Delicious Family Gluten-Free Recipes

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## BOOK DETAILS

- Author : Amelia Simons
- Pages : 176 Pages
- Publisher : Skyhorse Publishing
- Language : English
- ISBN : 1628737433

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## **BOOK SYNOPSIS**

When Chef and caterer Anna Conrad was asked to provide paleo recipes for a fitness group's 28-day paleo challenge, she was a little skeptical. Could an athlete—or even an average person—really maintain a balanced body without any grains or dairy? Before agreeing to the job, she decided to follow the diet for two weeks to see how she felt. In that short amount of time, she lost eight pounds without feeling hungry or deprived, and her blood pressure, heart rate, and cholesterol all stayed within healthy limits. She gladly provided the recipes and now offers a paleo menu as a regular part of her catering business. But what about bread? How can you make bread without grains? In this book, Conrad teaches how to make wholesome and satisfying breads with almond flour, coconut flour, and a host of other delicious, non-grain flours. Recipes include: Almond Sandwich Bread Coconut Sandwich Bread Rosemary and Olive Oil Bread Sweet Potato Rosemary Focaccia Savory Bacon and Scallion Muffins Molasses Brown Bread And many more! From sweet breads to sandwich breads, Italian favorites to Swedish delights, this book has something for every bread lover.

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