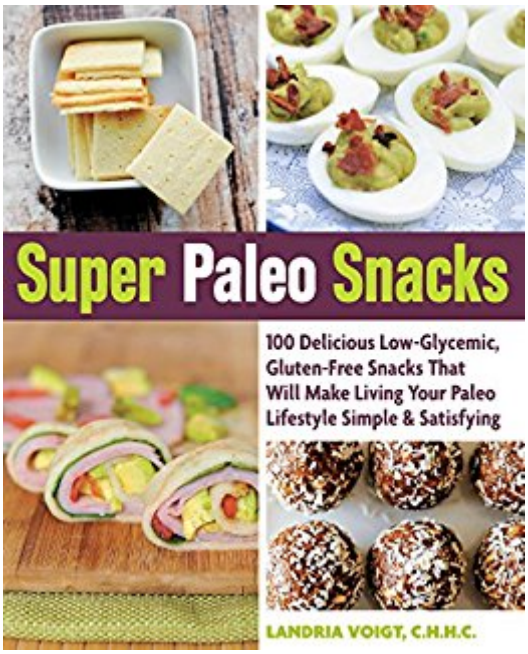
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Super Paleo Snacks: 100 Delicious Gluten-Free Snacks That Will Make Living Your Paleo Lifestyle Simple & Satisfying



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Synopsis

What’s a Paleo-lover to do? Snacks are essential for making sure we get the proper amount of nutrients. They refuel our bodies and allow us to be productive at work, school and during fitness activities, but it’s so difficult to find a snack that isn’t processed, boxed, or GMO. You need snacks to feel good about eating, that are portable, appealing, inexpensive, and easy to make. That’s a tall order. Luckily, there is Landria Voigt’s Super Paleo Snacks. With over 100 recipes using Paleo superfoods like coconut, avocado, sweet potatoes, and almond, you will be on your way to amazing health benefits including reduced incidence of diabetes, autoimmune illnesses, cancer, and neurodegenerative diseases. These recipes are quick and easy to make, most take under 15 minutes to prepare! Try every easy Paleo-approved recipe for enjoyable bites, treats, and munchies. You’ll always have something healthy, natural, and delicious for snacking!

Book Information

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Customer Reviews

I bought this as a wonderful way to make items that everyone can eat. Paleolithic means no inflammatory allergy foods so I can easily make something for everyone. They also happen to taste incredible so this is an easy item to write a review about. I liked it so much that I purchased another

copy for my neighbor who was having a difficult time for a family party and wa_la - no more issues. Just lots of delicious and easy recips to enjoy. I especially like how it's organized as it's really easy to find what you are looking for and also that on the top of each page there is a picture that indicates which food issues the recipe works for. That makes it really clear and simple. I also like that everything is healthy so I can make a snack or a meal out of the recipes. And I have. The last comment is on the explanations about food and paleo which I found to be awesome and very clear. The info was excellently communicated and easy to understand. Some of the info I haven't seen before which made it very interesting to read from cover to cover. I highly recommend this item.

As I've started transitioning my family into the Paleo lifestyle, we have found it difficult to find Paleo friendly snacks. I've been following Landria's blog for years (stiritup.me) so I was excited to hear she released a book on snacks. Being a working Mom with 3 active kiddos, it was nice to see Landria's "School and Work Snacks," and "On the Go Snacks." My personal favorite is the Sun Dried Tomato Chicken Sliders recipe and my kiddos would say their favorite is a tie between the Soft Paleo Pretzels and the Italian Meatballs. We can't wait for the next book from Landria!

This is a great book. The recipes are easy and doable for those of us without the inborn knack for cooking! Great delicious and nourishing recipes that even kids will go for! You will definitely want to get this if you are stuck in trying to find better options for your family to eat for snacks!! Get rid of the goldfish and cherios and use Landria's recipe for homemade crackers!! Way better!!!The pictures are amazing and helpful to know what the final product should look like!!! So worth the investment! Be sure to check out her blog too!

I thought this book is going to be only about Paleo snacks but I was surprised to see the amount of information it gave about the Paleo diet as a whole. It took quite a few pages to explain the different ingredients used and the reason for using them and giving suggestions for using other food stuff. Of course the recipes included are also excellent and quite easy to follow. Really loved this book.

Great snacks, hard to stop making our favorites. Need to try more.

Our new favorite cookbook! The kids have been getting bored with our Low-Glycemic and Grain-Free food choices and I've been struggling with school snacks, so everyone is super thrilled with all these delicious recipes. We're gradually making our way through the whole book and so far,

every recipe is a winner, even with my picky eaters.

Easy to read and recipes attractively presented. The first recipe was delicious so I am looking forward to trying others.

I was quite disappointed. I didn't find many recipes where we already don't posted online.

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