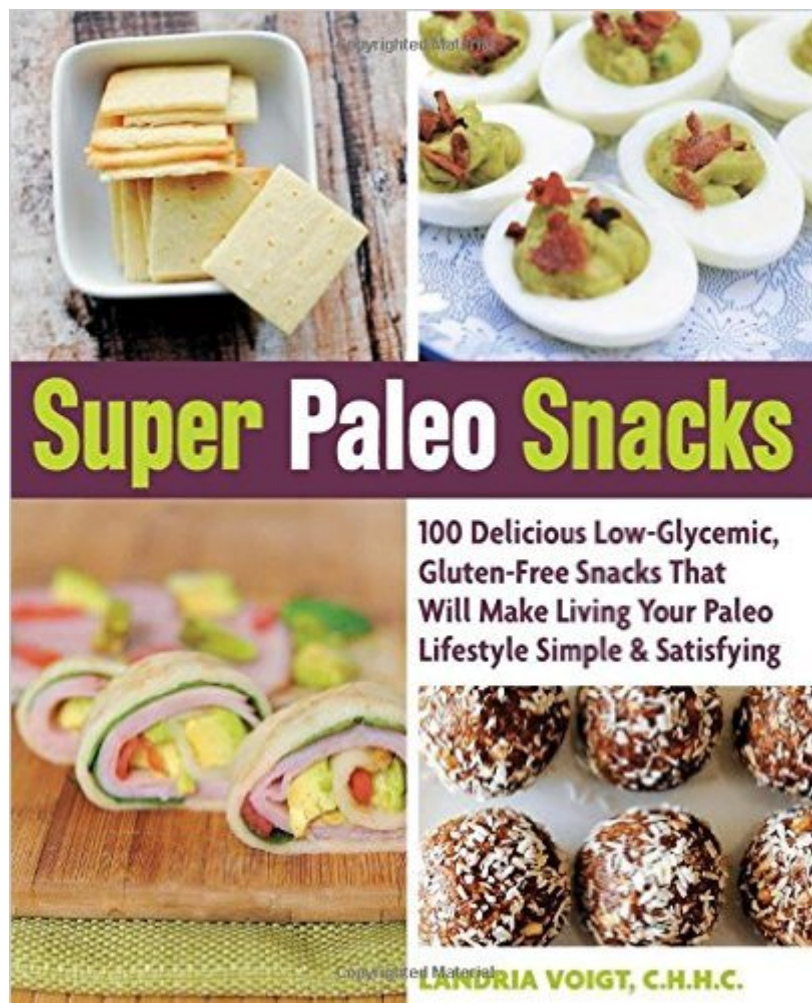


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# Super Paleo Snacks: 100 Delicious Low-Glycemic, Gluten-Free Snacks That Will Make Living Your Paleo Lifestyle Simple & Satisfying



## Synopsis

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. What's a Paleo-lover to do? 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

**Pumpkin Bars** My kids literally jump up and down with excitement for these bars. 1 cup (245 g) pumpkin puree 1/2 cup (130 g) smooth almond butter 1/3 cup (64 g) coconut palm sugar 1 tablespoon (7 g) coconut flour 1 tablespoon (7 g) pumpkin pie spice 1 tablespoon (20 g) maple syrup 1/2 teaspoon vanilla extract 2 eggs 1/2 teaspoon baking soda 1/8 teaspoon sea salt Handful of walnuts, chopped (optional) Preheat the oven to 350°F (180°C, or gas mark 4). Grease an 8 1/2-inch (20 cm) baking dish. In a large bowl (or food processor), mix together the pumpkin puree, almond butter, palm sugar, coconut flour, pumpkin pie

spice, maple syrup, vanilla, eggs, baking soda, and salt until well blended. Pour the mixture into the prepared baking dish. Bake for about 40 minutes, or until a toothpick inserted in the middle comes out clean. Allow to cool for about 30 minutes and then eat as is or top with chopped walnuts. Yield: Makes 12 bars

•Peanut Butter • Patties Similar to a traditional Girl Scout Tag-A-Long peanut butter cookie 1/2 cup (112 g) grass-fed butter, melted (use palm shortening if allergy) 1/2 cup (170 g) raw honey 2 eggs 1/2 cup (56 g) coconut flour 3 tablespoons (24 g) arrowroot powder Dash of sea salt 1/2 cup plus 2 teaspoons (140 g) sunflower seed butter 1 cup (175 g) dark chocolate chips Preheat the oven to 350° F (180° C, or gas mark 4). Line a baking sheet with parchment paper. In a medium bowl, mix together the butter, honey, and eggs. In a small bowl, mix together the coconut flour, arrowroot, and salt. Pour the dry ingredients into the wet and mix well. Spread the dough on a piece of parchment paper. Place another piece of parchment paper on top and flatten the dough with a rolling pin so it is about 1/8 inch (3 mm) thick. Use a circular cookie cutter or a tablespoon to stamp out patties and set them on the prepared baking sheet with about 1 inch (2.5 cm) of space between them. Mash together the extra dough and flatten it again so you can use it all. Bake 6 to 8 minutes, until they feel firm to the touch. Remove from oven, and allow to cool on baking rack for 1 hour. Once cool, spread 1 teaspoon of sunflower seed butter on the top of each cookie. Meanwhile, add the chocolate chips to a heat-safe bowl and set the bowl over a small saucepan of simmering water (do not let the water touch the bowl). Melt the chocolate. Before the chocolate is completely melted, remove the bowl from the heat and stir until the chocolate is smooth. Allow the chocolate to cool for about 10 minutes before using on the cookies or else it will melt the sunflower seed butter. Take a cookie and dip the top (sunflower seed butter side) facedown into the chocolate. Then, place your cookies back on the baking sheet lined with parchment paper and allow your cookies to set. Store them in the fridge or freezer. Yield: about 26 cookies

I'm so excited to add this book to my repertoire of Paleo cookbooks! Snacks are the one area where I feel the most inadequate in terms of providing my kids with healthy and tasty options. This book fills that void. The pictures are gorgeous and the recipes are all straight forward and quick and easy to make. The author has also included a great introduction and guide to Paleo ingredients that would be very helpful to those new to cooking and baking in this way. Since receiving this book yesterday, I've already made both Pigs in a Blanket and the Molten Lava Cakes to rave reviews

from my family of 5. My kids swear that you should buy the book just for the Lava Cake recipe alone! We've dog-eared a bunch more pages and we can't wait to try out more of these super user friendly recipes!

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 recip's 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.

Great snacks for the family. My hubby even asked me to make the breakfast bars again for breakfast because he wanted them. The items we have made are easy to make and taste good. They even have a PBJ sandwich one.

This is a great basic cookbook. In other words, it's not full of fancy or difficult recipes but rather recipes that will appeal to almost anyone, including children. Some of the snacks seem more like meals to me (the soups for example) and some are definitely things you'd eat at home but there are quite a few snack recipes that are easy to take along. A few of the recipes are ones I've seen and used before (kale chip, sweet potato fries, etc.) but most were new. Some are variations on similar recipes I've tried. All in all, I found the layout and pictures very nice, the recipes are easy to read, the ingredients are common to what most people eating paleo have in their kitchens, and the Content page is great. Nothing fancy, just a great everyday snack recipe book. Great for appetizers and dessert also!

Wonderful book! It is full of great, easy, delicious and healthy snacks. We especially love the "Nut-free" section as we are allergic to peanuts. The snacks are yummy and healthy for our whole family. The kids love looking through the book and deciding what they want to "help" make next.

The recipes are new, different and yummy! Great addition to your healthy cooking library!

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.

I am new to Paleo so I really appreciated this book to help me create snacks especially for my kids lunches and after school. The first 30 pages or so explain items you should have stocked in your cupboard or equipment needed and why they are important to the Paleo lifestyle. I learned a lot about the differences in things such as Ghee versus regular butter or approved Paleo oils and sweeteners. The recipes are a nice collection of varied snack items. Sometimes I try similar recipes posted on Pinterest and have been really disappointed. So far using a real cookbook has been the best choice.

We have tried nearly every recipe in his book and haven't found one yet that we didn't like. Home run! Although I will warn you that these recipes are so good that even though are paleo you have to remember that they are snacks. I may have gained a few from these. Highly recommend the lava cakes (our favorites) as they are good hot and even better cold the next day (you should refrigerate).

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