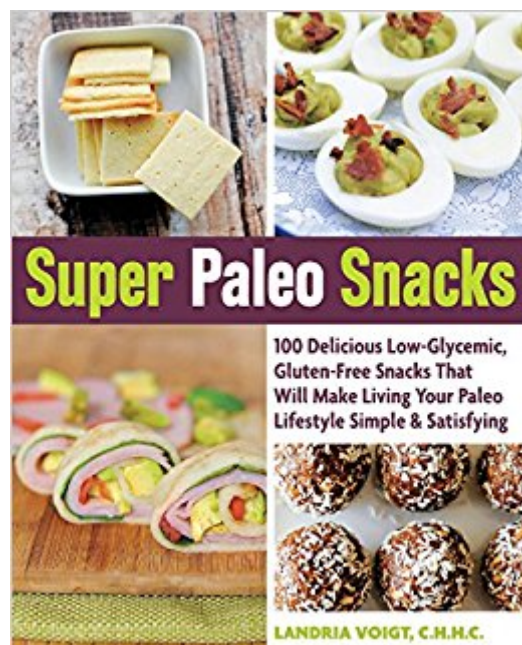




The book was found

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!

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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 1/2-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

Landria Voigt (Atlanta, GA) is a Holistic Nutritionist and graduate of the Institute of Integrative Nutrition. She is also the creator of the popular Paleo blog StirtUp which focuses on family-friendly Paleo recipes and nutritional advice. Landria came to be deeply passionate about nutrition after her own struggles with autoimmune disease. Her special area of interest is the nutritional needs of children. Landria works with the nationally renowned Dr. Tasneem Bhatia (Dr. Taz) at CentreSpringMD (formerly known as Atlanta Center for Holistic and Integrative Medicine) where she works with patients daily both one-on-one and via seminars and classes to teach them the

importance of whole-food nutrition.Â Â

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 recipis 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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