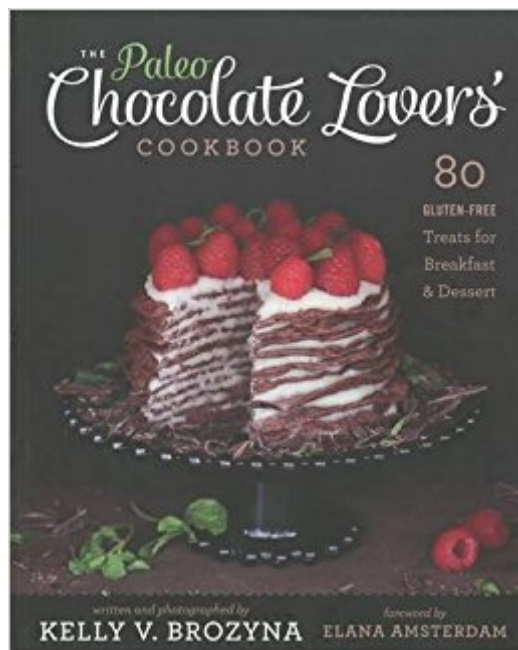




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The Paleo Chocolate Lovers' Cookbook: 80 Gluten-Free Treats For Breakfast & Dessert



Synopsis

The Paleo Chocolate Lovers Cookbook features 80 gluten-, grain-, and dairy-free recipes for the health-conscious chocolate lover. Kelly Brozyna, host of the delightful cooking blog, The Spunky Coconut, has created delicious chocolate treats made with coconut and ground nut flours for both breakfast and dessert. And, using dates and small amounts of the herbal sweetener stevia in these nutrient-dense baked goods, she shows you how to keep the honey and coconut sugar to a minimum. Recipes include: Chocolate Crepe Cake with Coconut Cream, White Chocolate Dipped Macadamia Biscotti, Homemade (dairy-free, low-glycemic) chocolate bars, Chocolate Swirl Cheese Danish Cake, Lava Cakes, Dark Chocolate Hazelnut Cookies, White Chocolate Truffles, Molten Chocolate, Cherry Cordial Fudge, and more. This book also details the components of chocolate--the importance of organic and fair trade chocolate, frequently asked questions about chocolate, and a side-by-side comparison of store-bought dark chocolate bars.

Book Information

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Customer Reviews

"Kelly is truly an inspiration, and her passion and love for creating scrumptious cuisine shines bright throughout this book." --Sarah Frago, author of *Everyday Paleo*"Finally a cookbook that all chocolate lovers can enjoy"--Aran Goyoaga, author of *Small Plates and Sweet Treats*"I'm astonished by the creativity and amazing variety of flavor combination Kelly is able to present in the pages of an all-chocolate cookbook!"--Diane Sanfilippo, author of *Practical Paleo*"I'm a big fan of Kelly's. I love her recipes, especially her chocolate recipes." --Elana Amsterdam, author of

Paleo Cooking from Elana's Pantry" You may have thought that your food allergies limited your enjoyment of that divine substance, chocolate. That was until the exceptionally talented Kelly Brozyna composed recipe masterpieces utilizing the universe of flavors, textures, and pleasures contained within chocolate. Kelly shows that chocolate can be the diva of the dessert cart or perform flawlessly in a supporting role." — •George Bryant, author of Caveman Feast" Finally a cookbook that all chocolate lovers can enjoy!" — •Aran Goyoaga, author of Small Plates and Sweet Treats" While a Paleo diet emphasizes whole foods like meat, eggs, and vegetables, there is always a time to indulge! I'm astonished by the creativity and the amazing variety of flavor combinations that Kelly is able to present in the pages of an all-chocolate cookbook. If you enjoy chocolate even half as much as I do, you'll love this book!" — •Diane Sanfilippo, author of Practical Paleo" Kelly is truly an inspiration, and her passion and love for creating scrumptious cuisine shines bright throughout The Paleo Chocolate Lovers' Cookbook. Kelly's balanced approach is refreshing. She makes it clear that treats should be treated as treats and that food should be celebrated, respected, and enjoyed." — •Sarah Fragoso, author of Everyday Paleo" When we received a copy of The Paleo Chocolate Lovers' Cookbook by Kelly Brozyna at our offices a few weeks ago, everyone was drooling over this book. How couldn't you? A cookbook full of recipes containing what is arguably the most loved food in the world: chocolate — With 80 grain, gluten and dairy free recipes, all inspired by a love of chocolate, this book will provide ideas and inspiration to awaken your cooking creativity all while satisfying the chocolate lover in you" — •Jamison Combs, The Food Lover's Kitchen" Kelly Brozyna of The Spunky Coconut has created a masterpiece here, with The Paleo Chocolate Lovers' Cookbook. The cover is even rich, almost velvety in texture. And the recipes within are well thought out, unique, and beautifully executed." — •Emily, Joyful Abode" Kelly Brozyna, AKA The Spunky Coconut, has come out with a freakin' fabulous new cookbook — The Paleo Chocolate Lovers' Cookbook. With over 80 recipes, Kelly has given us chocolatey goodness for breakfast, lunch and dinner — and dessert of course!" — •FREERANGE HUMAN

Deliciously satisfying and visually stimulating, The Paleo Chocolate Lovers Cookbook will free you from ever feeling restricted by the Paleo lifestyle. This book features 80 gluten-, grain-, and dairy-free treats for the health-conscious chocolate lover. Known to botanists as Theobroma cacao — ("food of the gods"), cacao isn't just a flavor, it's an experience. It's no wonder that millions of people turn to chocolate for comfort and pleasure. Kelly Brozyna welcomes this heavenly treat into the Paleo diet with this innovative collection of recipes. Choosing organic and

ethically-sourced chocolate is equally as important as selecting sustainable meat. Addressing chocolate farming and production, Kelly and her husband present everyone's favorite indulgence in a global context. The book concludes with a special bonus chapter--10 savory recipes that incorporate chocolate. While mole is well-known for its delightful use of chocolate, other dishes such as Spicy Massaman Curry, Tomato & Cherry Chicken Cutlets, and Chili with Roasted Butternut Squash are equally complimented by chocolate. Enjoy these recipes from breakfast to dinner, and especially for dessert.

I've made several recipes and they were all delicious. I really like that the recipes are not included in any of my other cookbooks.

I've been a fan of Kelly's blog for awhile, but this is literally the icing on the cake! Every recipe I've made is delicious and satisfying without any of the ingredients we can't eat. Finally, a paleo frosting recipe that doesn't disappoint!

Great! These recipes and photo's make you want to try and recreate all of them! The ingredients are not hard to find and actually have most of them already in fridge and pantry :) Thanks Kelly! Going to look into your other books as well.

Love chocolate, this book was my dream book. Being on the Paleo lifestyle is challenging enough. The recipes let me be tempted legally. Even my non-Paleo freinds love the reciprs.

I have made every recipe and absolutely LOVE IT! My favorite paleo dessert cookbook. She needs to write another cookbook!

This book has three Girl Scout Cookie recipes converted to Paleo. Also, it has candies, even a mint patty. Very creative book.

I love Kelly's Paleo cookbooks. The recipes are delicious and easy to make. And if you have a restricted diet, this is the cookbook to use. The photos are beautiful and appetizing. This cookbook is Gluten Free, Dairy Free and Paleo.

What an incredible book, such a unique collection of recipes - that all look delicious and simple to

make! As someone who lives Gluten-Free and bakes Gluten-Free for extra income... I would recommend this book highly!

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