



Healthy Sweet Potato Desserts: Quick And Easy Paleo Treats (Sweet Potato, Healthy Desserts, Paleo Desserts Recipes)

Sound And Simple Lifestyle

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The nutritional benefits of this delicious tuber are numerous. Sweet potatoes are great in savoury dishes but did you know they do even better as desserts? Contrary to what many would think sweet potatoes actually contain way more nutrients than their blander counterpart, in spite of the sweet taste. Satisfy your cravings without guilt by making these taste paleo friendly treats.

Here Is A Preview Of What You'll Learn To Cook in Healthy Sweet Potato Desserts

- Sweet Potato Crepes
- Sweet Potato Ice Cream
- Sweet Potato Bread
- Sweet Potato Choc Chunk Cookies
- Ginger Sweet Potato Snaps
- Sweet Potato Mousse
- Baked Apples, Grapes & Sweet Potatoes
- Sweet Potato Custard
- Sweet Potato Pie
- Paleo Pie Crust
- Sweet Potato Smoothie
- Sweet Potato Shortcakes
- Sweet Potato Brownies
- Sweet Potato Brownies
- Sweet Potato Magic Bars
- Sweet Potato Cupcakes
- Pineapple Sweet Potato Upside Down Cake
- Much, much more!

"I've only tried the brownies but I have to give them 5 stars. Very easy and delicious. They were so good that

I made another pan for my son's group at work. Since they are gluten free, they were a huge hit! I'll try the other recipes soon because they all sound so good and good for you." R.J Holbrook, reader review

"You will want to print this one for your kitchen. My mother had a special three ring binder that she kept her favorite recipes and kitchen hints in. This short book on sweet potato desserts is one that should go in everyone's special binder." Sandy, reader review

So grab a copy of "Healthy Sweet Potato Desserts" and get started cooking these guilt free desserts today!

Tags: sweet potato recipes, sweet potato pie, paleo dessert, mashed sweet potatoes, sweet potato pie recipe, healthy recipes, potato recipes, paleo desserts, paleo dessert recipe, paleo desserts recipes

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From reader reviews:

Michelle Curry:

The ability that you get from Healthy Sweet Potato Desserts: Quick And Easy Paleo Treats (Sweet Potato, Healthy Desserts, Paleo Desserts Recipes) could be the more deep you looking the information that hide in the words the more you get interested in reading it. It does not mean that this book is hard to understand but Healthy Sweet Potato Desserts: Quick And Easy Paleo Treats (Sweet Potato, Healthy Desserts, Paleo Desserts Recipes) giving you buzz feeling of reading. The author conveys their point in particular way that can be understood by anyone who read this because the author of this e-book is well-known enough. This kind of book also makes your current vocabulary increase well. Making it easy to understand then can go with you, both in printed or e-book style are available. We suggest you for having this specific Healthy Sweet Potato Desserts: Quick And Easy Paleo Treats (Sweet Potato, Healthy Desserts, Paleo Desserts Recipes) instantly.

Karin Eubanks:

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Doris Blair:

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