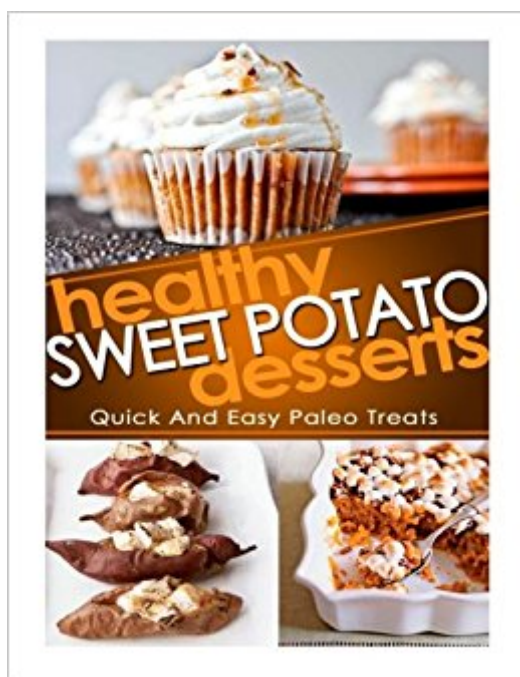


The book was found

# Healthy Sweet Potato Desserts: Quick And Easy Paleo Treats



## Synopsis

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. In *Healthy Sweet Potato Desserts: Quick And Easy Paleo Treats* you will learn to cook: 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!

## Book Information

Paperback: 24 pages

Publisher: CreateSpace Independent Publishing Platform (January 15, 2014)

Language: English

ISBN-10: 1495903001

ISBN-13: 978-1495903007

Product Dimensions: 8.5 x 0.1 x 11 inches

Shipping Weight: 4 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars 6 customer reviews

Best Sellers Rank: #808,825 in Books (See Top 100 in Books) #77 in [Books > Cookbooks, Food & Wine > Cooking by Ingredient > Potatoes](#) #1309 in [Books > Cookbooks, Food & Wine > Special Diet > Paleo](#)

## Customer Reviews

good

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.

Recipes sound good. Love anything sweet potatoes. Will be trying these recipes soon. Thank you. B  
Not as many recipes as I thought there would be.

I've only tried the brownie recipe but it was awesome. No doubt the other recipes are as well.  
Worthwhile purchase.

We love to eat sweet potatoes and yams too. They are very good savory but I just wanted to try something that was sweet.

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. While there are a bunch of interesting deserts such as Sweet Potato Mousse and Sweet Potato Custard, it is the pie that in my opinion stands out. If you like pumpkin pie, wait until you try the sweet potato pie in this book! It is richer, firmer and somehow has a more substantial taste without being overbearing or heavy. I don't know how that works, but there it is. Sorry pumpkin, I now have a new favorite pie.

[Download to continue reading...](#)

30 Delicious Sweet Potato Recipes – Tasty and Healthy Sweet Potato Recipes (The Ultimate Sweet Potato Cookbook Including Recipes For Sweet Potato Soup, ... Salad, Sweet Potato Souffle and More 1) Paleo Diet: 365 Days of Paleo Diet Recipes (Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, Paleo, Paleo Cookbook, Paleo Slow Cooker, Paleo For Beginner, Paleo Recipes) The Everyday Paleo Slow Cooker: 100+ Quick and Easy Paleo Slow Cooker Recipes for Busy People (paleo diet, paleo, paleo solution, paleo diet cookbook, paleo books, paleo ebooks, paleo diet kindle) Paleo Diet: 1001 Best Paleo Diet Recipes of All Time (Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, Paleo, Paleo Cookbook, Paleo Slow Cooker, Paleo Diet Meals) The Sweet Potato Cookbook: Delicious Sweet Potato Recipes for Any Occasion - Discover the Versatility of The Humble Sweet Potato with This Sweet

Potato Cookbook Paleo Desserts: Satisfy Your Sweet Tooth With Over 100 Quick and Easy Paleo Dessert Recipes & Paleo Diet Baking Recipes (gluten free, lose belly fat, paleo ... diet desserts, paleo diet, wheat free) Paleo Diet for Beginners: Lose Weight and Start Living the Paleo Lifestyle. Easy Paleo Diet Recipes for Weight Loss(paleo books, Paleo Diet, Paleo Diet ... diet, living paleo for dummies Book 2) Healthy Sweet Potato Desserts: Quick And Easy Paleo Treats Paleo Recipes for Rapid Weight Loss: 50 Delicious, Quick & Easy Recipes to Help Melt Your Damn Stubborn Fat Away! (Paleo Recipes, Paleo, Paleo ... Paleo Recipe Book, Paleo Cookbook) (Volume 1) Paleo: A Simple Start To The 14-Day Paleo Diet Plan For Beginners(paleo books, Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, ... Slow Cooker) (Cookbook delicious recipes 3) One Potato! Two Potato!: Family Favorite Potato & Sweet Potato Recipes! (Southern Cooking Recipes Book 17) Paleo Diet: Ultimate Guide For Beginners, How To Lose Weight And Get Healthy (Paleo For Beginners, Paleo Diet Cookbook , Paleo Diet Recipes, Paleo Diet For Rapid Weight Loss, Paleo Diet Plan) Paleo Diet: Paleo Diet For Beginners, Lose Weight And Get Healthy (Paleo Diet Cookbook, Paleo Diet Recipes, Paleo Diet For Weight Loss, Paleo Diet For Beginners) Paleo: Paleo Slow Cooker Cookbook: Top 80 Paleo Recipes - Easy, Delicious and Nutritious Paleo Diet Cooking (FREE BONUS) (Paleo Crockpot, Paleo Baking, Whole Food) The Ultimate Paleo Desserts: Satisfy Your Sweet Tooth With Over 100 Quick and Easy Paleo Dessert Recipes and Paleo Baking Recipes Paleo: 30-Day Paleo Challenge - Change Your Life and Lose 15 Pounds with Paleo Diet, Paleo Slow Cooker Cookbook - Top 80 Paleo Recipes (Paleo Series) Paleo For Beginners: Paleo Diet – The Complete Guide To Paleo – Paleo Cookbook, Paleo Recipes, Paleo Weight Loss Paleo For Beginners: Paleo Diet – The Complete Guide To Paleo – Paleo Cookbook, Paleo Recipes, Paleo Weight Loss (Clean Eating) Paleo Instant Pot Cookbook: Amazing Paleo Instant Pot Recipes for Whole Family ( Paleo Instant Pot Recipes Cookbook, Paleo Diet Guide Cookbook, Paleo Diet Recipe Book, Paleo Diet for Beginners ) Paleo Diet for Beginners: The Ultimate Paleo Diet Guide for Weight Loss (Paleo Diet Cookbook, Paleo Diet Recipes, Paleo Diet for Beginners, Rapid Weight Loss, Paleo Diet Meal Plan, Burn Fat)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)