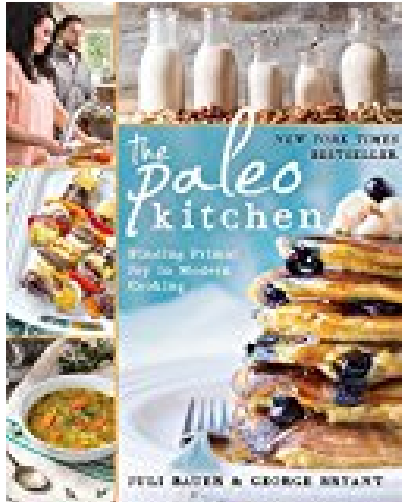


# The Paleo Kitchen Finding Primal Joy in Modern Cooking

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## BOOK DETAILS

- Author : Juli Bauer
- Pages : 336 Pages
- Publisher : Victory Belt Publishing
- Language : English
- ISBN : 1628600101

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## BOOK SYNOPSIS

The two top Paleo bloggers have come together to write the ultimate Paleo cookbook with over 100 recipes! George Bryant and Juli Bauer, two of the most insightful and well-respected Paleo powerhouses, have united to bring a myriad of bold and delectable gluten- & grain-free Paleo recipes straight from their kitchens to yours in their new cookbook, *The Paleo Kitchen*. Together, George and Juli have masterfully created daring flavor combinations that will bring your Paleo experience to a whole new level. This beautiful cookbook offers full-color photos along with tips, tricks, and anecdotes straight from the clever minds of these culinary mavericks. *The Paleo Kitchen* boasts more than 100 recipes, from appetizers, entrées, and side dishes to decadent desserts, that are sure to invigorate and please the fearless caveman palate. Recipes include: • Sage and Shallot Delicata Squash Soup • Citrus Mint Sugar Salad • Blackberry Lavender Muffins • Banana Chip French Toast • Four-Layer Bacon and Beef Casserole • Creamy Seafood Risotto • Asian Marinated Asparagus • Spinach and Artichoke Stuffed Portabella Mushrooms • Blueberry Cheesecake • Lime Pound Cake with Coconut Lime Frosting. Experience the Paleo you never thought possible!

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