



## **Grain Free Paleo Snacks: Suitable for Paleo, Gluten Free, SCD and GAPS**

*Jill Tieman*

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# Grain Free Paleo Snacks: Suitable for Paleo, Gluten Free, SCD and GAPS

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### Kindle Book Description

Finally! Over 40 Delicious Grain and Gluten Free Paleo Snacks, made with the purest, whole food Ingredients!

Being told you need to go gluten or grain free can be a shocker. However, this doesn't have to create a major upheaval in your life. Eliminating grains and gluten from your diet is one of the most helpful actions you can take to heal any illness, including but not limited to gluten sensitivity, celiac, digestive disorders from inflammatory bowel disease to heart burn, joint pain, arthritis, autoimmune diseases, learning problems and even autism, just to name a few.

Grain Free Paleo Snacks is the perfect place to get nutritious snack ideas that will keep your kids happy and healthy! You'll also learn how to use grain free flours like almond flour and coconut flour. This book shares with you simple snack ideas that will satisfy everyone! Not only are the snacks grain free and gluten free, they are also made without any chemical additives, refined sugar, soy, or dairy.

In addition, this book provides you with more than just a collection of recipes for Paleo snacks. There are also instructions for properly preparing nuts for easy digestion, tips and tricks when using coconut and almond flours that will insure your success, information about the healthiest ingredients and so much more.

The following are just a few of the snack recipes that are so easy to make:

Lemon Coconut Macaroons  
Pear Sauce  
Cinnamon Snack Bar  
Baked Coconut Raisin Granola  
Garlic Onion Crackers  
Banana Pancakes  
Crepes  
Blueberry Smoothie  
Spiced Cinnamon Raisin Muffins  
Vege Chips  
Coconut Milk Yogurt  
Coconut Blueberry Pudding  
Carrot Muffins

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