



# **Paleo Cakes: 38 Paleo cake recipes to satisfy that sweet tooth (Paleo Desserts Book 2)**

*Beth McVane*

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Going Paleo doesn't mean you have to cut out dessert, in fact order to keep on track with the lifestyle I find satisfying the sweet tooth is acceptable as well as necessary. It's pretty simple really all you need to do is avoid pre-packaged desserts and instead make homemade desserts filled with clean all natural ingredients.

I've put together 38 Paleo cake recipes to satisfy those sweet temptations we have today that in reality is hard to go without for long. One of my concerns when starting this lifestyle was my sweet tooth, but only to find going Paleo means you really can have your cake and eat it too!

Enjoy these sweet temptations!

Beth McVane

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