



Super Paleo Snacks: 100 Delicious Low-Glycemic, Gluten-Free Snacks That Will Make Living Your Paleo Lifestyle Simple & Satisfying

Landria Voigt

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Snacks are essential for making sure we get the proper amount of nutrients. They refuel our bodies and allow us to be productive at work, school and during fitness activities, but it's so difficult to find a snack that isn't processed, boxed, or GMO. What's a Paleo-lover to do? You need snacks to feel good about eating, that are portable, appealing, inexpensive, and easy to make. That's a tall order. Luckily, there is **Landria Voigt's** *Super Paleo Snacks*. With over 100 recipes using Paleo superfoods like coconut, avocado, sweet potatoes, and almond, you will be on your way to amazing health benefits including reduced incidence of diabetes, autoimmune illnesses, cancer, and neurodegenerative diseases. These recipes are quick and easy to make, most take under 15 minutes to prepare! Try every easy Paleo-approved recipe for enjoyable bites, treats, and munchies. You'll always have something healthy, natural, and delicious for snacking!

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Pam says

Well written, easy ingredients you will find in your local market, simple delicious recipes.

I love having snacks in the house that do not come out of a bag or box. If you feel the same way this is a must cookbook. With recipes like Supersmart Bars, Chocolate Almond Squares, Silver Dollar Banana Pancakes and Chocolate Chia Workout Bars you can not go wrong. I also like that there are recipes for those days I want a light meal, Bacon Cauliflower Soup, Sun-Dried Tomato Chicken Sliders, Butternut Squash Fritters and Chocolate Banana Smoothie. Happy Healthy Snacking.

Note: I received a copy of this cookbook from the publisher to review, all comments are my own.

Ann says

LOVE this book! Every single recipe that I have made so far has been fantastic. This book has single-handedly made going Paleo so much easier for me and my teenaged son and my teenaged daughter and husband are somewhat going Paleo by default and are not complaining because everything tastes so good! Favorites so far include: blueberry muffins, egg muffins, zesty walnut Brussels sprouts, crispy maple granola, crunchy sweet potato fries, crunchy omega-3 flax granola and savory baked chicken nuggets (the whole family's favorite!). Buy without reservation...it will be your favorite cookbook from the first recipe you make!
