



The Vegetarian Paleo Recipe Cookbook: 47 All Natural Gluten-Free Meals and Desserts (The Paleo Recipe Cookbooks Book 2)

Jennifer Dawn, Michelle Tracy

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From breakfast to lunch, dinner and dessert, The Vegetarian Paleo Recipe Cookbook features 47 simple and tasty meals free from gluten, grains, dairy, soy and refined sugar.

Indulge in paleo-inspired vegetarian recipes such as comforting pancakes, delicious smoothies, creamy soups, savory casseroles and satisfying desserts. Many meals include five ingredients or less, so you can enjoy eating without much fuss, even when you only have a few minutes.

Sample Recipes:

- * Almond Flour Pancakes
- * Spicy Mexican Omelet
- * Coconut Berry Banana Smoothie
- * Grilled Mushrooms & Cantaloupe
- * Creamy Tomato Soup
- * Deviled Egg Salad
- * Spinach Quiche
- * Stuffed Bell Peppers
- * Brussels Sprout Steak
- * Portobello Steak & Sweet Potato Fries
- * Vegan Goulash
- * Creamy Coconut Squash Soup
- * Sauerkraut & Dried Tomato Casserole
- * Baked Endive Casserole
- * Cauliflower Onion Puree
- * Coconut Pecan Balls
- * Strawberry Banana Cream Pie
- * Lemon Cashew Cookies
- * Blueberry Shake

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William Reeves:

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Gale Kizer:

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Barbara Baker:

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