



The Paleo Chocolate Lovers' Cookbook: 80 Gluten-Free Treats for Breakfast & Dessert

Kelly V. Brozyna

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The Paleo Chocolate Lovers Cookbook features 80 gluten-, grain-, and dairy-free recipes for the health-conscious chocolate lover. Kelly Brozyna, host of the delightful cooking blog, The Spunky Coconut, has created delicious chocolate treats made with coconut and ground nut flours for both breakfast and dessert. And, using dates and small amounts of the herbal sweetener stevia in these nutrient-dense baked goods, she shows you how to keep the honey and coconut sugar to a minimum.

Recipes include: Chocolate Crepe Cake with Coconut Cream, White Chocolate Dipped Macadamia Biscotti, Homemade (dairy-free, low-glycemic) chocolate bars, Chocolate Swirl Cheese Danish Cake, Lava Cakes, Dark Chocolate Hazelnut Cookies, White Chocolate Truffles, Molten Chocolate, Cherry Cordial Fudge, and more.

This book also details the components of chocolate--the importance of organic and fair trade chocolate, frequently asked questions about chocolate, and a side-by-side comparison of store-bought dark chocolate bars.

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