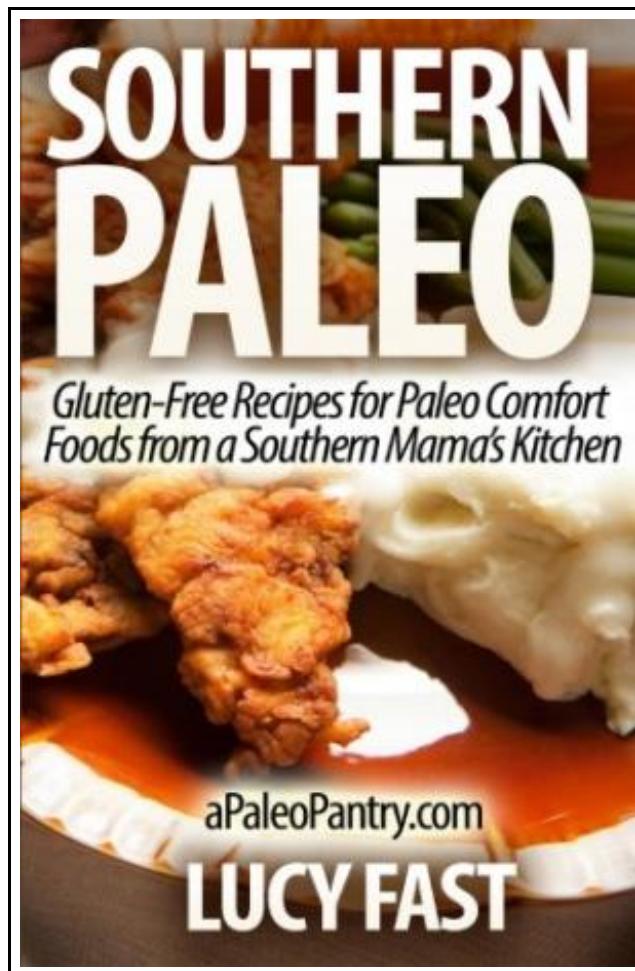


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Createspace, United States, 2014. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.You know that eating a Paleo-style diet is puts you in touch with your ancestral roots-the late night talk show hosts nicknamed it the caveman diet, after all. While you have given up most grains, dairy, sugars, and legumes in order to achieve a better sense of health and well-being, your friends and loved ones might be wondering how you get along on a day-to-day basis-especially if you (or they) are a Southerner. I mean - where is the comfort food?!? Well, it s all well and good to get in touch with your ancient roots, but how is a Southerner supposed to carry on his or her heritage of food when you can t even make a pot of beans or use any butter on this diet? I mean, can you imagine Paula Deen cooking without butter-she d tell you flat out that ain t happenin y all! That s where Southern Paleo: Gluten-Free Recipes for Paleo Comfort Foods from a Southern Mama s Kitchen comes in to save the day! It s time to give a big hey, y all to cooking favorite Southern comfort dishes in an honest and true Paleo way. Even if you aren t Southern you re going to LOVE it! In this cookbook, you ll learn how to: Prepare a proper country breakfast (Think Biscuits n Gravy and more) Put together a platter of sides perfect for any covered-dish supper (Cole Slaw, Deviled Eggs, Huspuppies, and more!) Have a Friday Night Fish Fry any night of the week Put the bounty of the farmer s market to use in delectable desserts Have Sweet Tea, our non-alcoholic beverage of choice (and still...



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