Paleo-content

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**Subject –** Paleo Pleasure- The Dessert Fest for Diet Fanatics

Hey Precious Paleolithics,

This email is a shout out to those who are now enjoying their paleo lifestyle and diet. You know paleo doesn’t keep you from enjoying the pleasures of life. So, to celebrate your return to the cavemen’s diet, we have decided to share some of our guilty pleasure.

Tasty, tantalizing, and terrific desserts that will take you to the Paleolithic paradise for a while. Low in sugar and carbs, these are the desserts perfect for weight watchers and even the heart patients.

So, are you ready for the treat?

Let’s see what we have for you.

* Blueberry Espresso Brownies – What a sweet way to start your day? This recipe involves ground coffee beans and fresh berries and pecans.
* Honey Nut Bars – Don’t feel like cooking? This recipe has the perfect level of sweetness and crunch for anyone who wants a lazy snack after lunch.
* Avocado Lime Cheesecake – You would be surprised to find out what a little avocado can do to the usual cheese cake.
* Paleo Choco Lasagna – Desserts just can’t get any richer than that! This cake includes layers of Oreo cake, chocolate pudding, nuts, and whip cream frosting.

And aren’t we drooling already! Want the recipes to these heavenly treats?

Stay subscribed to our emails.

Take care.

Thank You