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Quick And Easy Paleo Side And Sauce Recipes (Civilized Caveman Cookbooks Book 5)

Paleo **Sides & Sauces**

40+ Enticing Sides, Soups and Dressings



by George Bryant & Abel James



Synopsis

A delicious side dish can liven up almost any plate, and with homemade dressings and sauces, you can make sure the ingredients in your food are real and healthy. Add some pizzazz to your meals, with these Sides and Sauces recipes that are all 100% Paleo. Recipes include, Lemon Cucumber Noodles with Cumin, Blueberry Brussels Sprouts, Mango Guacamole, BBQ Baked Kale Chips, Cauliflower Rice, Pumpkin Pie Espresso Hazelnut Butter, Homemade Mayo, and Grilled Broccoli with Almond Dressing, to name a few. With over 40 recipes George Bryant of Civilized Caveman Cooking and Abel James of The Fat-Burning Man Show have teamed up to present you with their absolute favorite Paleo Sides and Sauces using only real, fresh, simple ingredients. In this cookbook, you'll find soups, dressings, salads, chips, veggies, sauces, hummus, hash, nut butters, salsa, rubs, and more. - Includes over 40 simple, no-fuss Side Dish and Sauce recipes- Full-Color photographs throughout- Helpful subtext indicates the prep time, cook time, and servings for each entree- Every single recipe is 100% Paleo - no dairy, no grains, no processed sugars

Book Information

File Size: 7558 KB

Print Length: 116 pages

Simultaneous Device Usage: Unlimited

Publisher: James Strategy, LLC; 1 edition (January 29, 2013)

Publication Date: January 29, 2013

Sold by:Â Digital Services LLC

Language: English

ASIN: B00B84V36W

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #322,986 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #42

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Customer Reviews

Not as informative as I thought. Recipes are a little far out there. Don't think it was too helpful.

Abel James is AMAZING! You get to learn how to make your own paleo mayo! The recipe for brussel sprouts and blue berries is delicious! I hope he makes some more books!

You can never go wrong with either George Bryant (Civilized Caveman.com) or Abel James (BurningMan.com)! I really enjoy George's website, you'll find many of these recipes there too!

This is a great cookbook for the money you spend. Great tasting dishes and my kids loved them so much they ask for these recipes often.

Liked it

Side dishes don't have to be boring and always the same! There's way more out there than just plain veggies! There are so many sauces and side-dishes you can make to liven up any meal...and this book has got the best! Of course, one of my weekly uses of this book is in the mayo! Truly! I make my own mayo with recipes from this book! And when I want something truly different to accompany my meals, I open it up and am blown away with all the crazy tasty combinations! Liven it up in a truly healthy fashion! Get this book!

I am a total sauce girl. My fridge used to be more full of sauces and condiments than real food. Then I learned how to read food labels... and suddenly an extra large trash can was filled and I was staring at an empty fridge. George's sauce recipes have saved me from living without former coveted condiments. The mayo, catsup, and Beastly BBQ sauce are my new staples. Seriously that BBQ sauce... Sometimes it doesn't make it to meat.

I am always looking for healthy side dishes for my family. Civilized Caveman has many good nutritious options to choose from. The recipes here definitely add to a delicious meal!

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