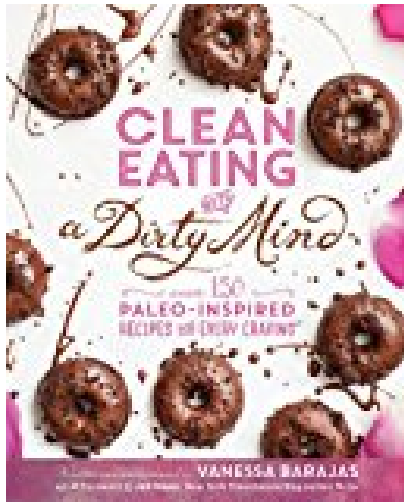


# Clean Eating with a Dirty Mind Over 150 Paleo-Inspired Recipes for Every Craving

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## BOOK DETAILS

- Author : Vanessa Barajas
- Pages : 432 Pages
- Publisher : Victory Belt Publishing
- Language : English
- ISBN : 1628600675

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## BOOK SYNOPSIS

Delectable, Decadent and Downright Sinful! Vanessa Barajas takes the taste buds where the conscience dare not go in her new cookbook Clean Eating with a Dirty Mind. In this unprecedented and stunning new book, Barajas defies all convention and delivers a satiated palate with a perfectly clear conscience. Clean Eating with a Dirty Mind was inspired by Barajas' conviction that healthy eating doesn't have to equate to self-deprivation and guilty pleasures shouldn't have to be riddled with remorse. Complete with a perfect combination of over 150 sweet and savory recipes, Clean Eating with a Dirty Mind breaks the mold (and all the rules) - with the core principle- just because your food is healthy doesn't mean it has to taste that way. Through years of experimentation and honing her skills, this self-proclaimed "dessertavore" delivers nothing short of excellence with mix of recipes sure to satisfy the most discriminating sweet tooth - all gluten, grain free and guilt free- and you got it - Paleo friendly! Whether you're gluten-free, Paleo, love awesome food or simply want to "Bake the World a better place" ...Clean Eating with a Dirty Mind will surpass all expectation and cater to your every indulgence - leaving you with a whole lot less to confess and a whole lot more to enjoy! Sample recipes include: Death by Chocolate Cake Bourbon Butter Pecan Cupcakes Smores Bars Limoncello Pound Cake Moonpies Spiced Maple Pear Tarts French Onion and Bacon Quiche Pizza Soup Shepherds Pot Pie

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