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10-Minute Paleo Wraps: Delicious Paleo Wraps, Tortillas, and Burritos for Breakfast and Lunch (Paperback)

By Dana Summers

Createspace, United States, 2014. Paperback. Book Condition: New. 224 x 148 mm. Language: English . Brand New Book ***** Print on Demand *****.The 10-Minute Paleo Wraps: Delicious Paleo Wraps, Tortillas and Burritos for Breakfast and Lunch provides easy, step-by-step recipes to form your very own grab-and-go snacks or meals-without busting your Paleo Diet guidelines! The tortillas-your base for all your yummy vegetable and meat fillings-are conjured up in a multitude of ways, depending on your taste buds. Opt for the egg white coconut flour tortilla-or perhaps the interesting and textured Veg-Stocked Spanish Parsnip, Spinach, and Kale Tortilla. Alternately, don t reach for a tortilla at all-grab a head of romaine or iceberg and begin peeling. What s better than a light and crunchy lettuce wrap-surrounding the mushy interior of sauteed onions and peppers and a bit of leftover steak?! 10-Minute Paleo Wraps: Delicious Paleo Tortillas, Burritos, and Wraps for Breakfast and Lunch understands you re in a hurry, as well. These recipes yield burritos and wraps in ten minutes or less: and they can utilize any sort of leftover meat and vegetables from the night before. Toss on a few rounds of Paleo-friendly Sriracha sauce for a bit of spice-or...



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Reviews

Merely no phrases to spell out. I am quite late in start reading this one, but better then never. Your way of life period is going to be enhance once you complete reading this publication.

-- Joanie Hamill I

Very useful to any or all group of folks. It really is rally interesting throgh reading through period of time. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- Mrs. Dorris Wintheiser