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Paleo Desserts: 40 That Taste Anything but Unprocessed

Maple syrup is another common Paleo sweetener. It comes in grades: “grade A” is a more refined, sweeter version, while “grade B” is a darker, amber version and is the Paleo-preferred option. However, beware of maple syrups that have other ingredients added, including high

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and other flavorings
and sweeteners.

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flour crust are
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maple syrup for a healthier dessert recipe. This easy pumpkin pie bars recipe is a cinch to make and are perfect if you don't own a pie pan. Looking for a low-carb option? No sweat! I have included a recipe for low-carb paleo pumpkin pie bars in this post.

Paleo Pumpkin Pie Bars - The Roasted Root

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Finding an easy
dessert or snack when
you're on the paleo
diet isn't easy, as most
recipes use flour and
sugar, and other
unhealthy ingredients.

These ermagherd-
worthy paleo bars,
however, use only the
finest and most natural
ingredients like nut
butters, coconut flour,
and even avocado, to
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snack bars which are
delicious, decadent,

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The 20 Best Paleo Diet Dessert Recipes to Satisfy Your ...

These paleo smores bars are the perfect paleo dessert this summer. A graham cracker crust, topped with chocolate and a burnt marshmallow layer, they're inspired by the classic summer treat but are grain-free, dairy-free, and refined-sugar-free.

Paleo Smores Bars

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PUDDINGS, COOKIES, BARS, and MORE!

“With keto, the goal is to induce a state of ketosis,” says Ryan Lowery, PhD, author of “The Ketogenic Bible.”

“With paleo, the main goal is to eat and not eat certain foods.”.

Related Reading: A Keto Diet Plan for Meal Prep | Paleo Meal Prep Guide It makes sense that there's some confusion about them.

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"There can be some
overlap," Lowery says.

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