



# Perfect Paleo: 30 Delicious & Easy Paleo Breakfast Ideas (Volume 1)

*Jamie Hunter*

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**Are you looking for healthy & delicious Paleo Breakfast ideas?**

Figuring out what to cook for breakfast can be difficult when you're on the Paleo diet, especially for those just starting out. *Perfect Paleo: 30 Delicious & Easy Paleo Breakfast Ideas* contains 30 tasty breakfast recipes that are entirely Paleo.

**The following recipes are included in this book:**

- Eggs in an Avocado Boat.
- Eggs in a Bell Pepper.
- Egg Muffins.
- Egg Broth.
- Cauliflower Breakfast Muffins.
- Sweet Turkey Sausage Patties.
- Quick Frittatas.
- Mushroom, Sausage and Egg Sandwiches.
- Paleo Bread.
- Paleo French Toast.
- Coconut Flour crepes and pancakes.
- Sweet Potato Pancakes.
- Fruit & Nuts in Plum Sauce.
- Paleo "Oatmeal" (with no oats).
- Pumpkin Porridge.
- Almond Milk and Nutty No-Grain Granola
- Paleo Blueberry muffins.
- Paleo Coconut Breakfast Cookies.
- Banana Cream Parfait.
- ...and more.

**If you're looking for delicious Paleo Breakfast ideas that go beyond the requisite "eggs and bacon" recipes, this is the book for you.**

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