



# Paleo Diet Comfort Foods: Yuca and Plantain

*Charlotte Dubin*

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Do you miss eating regular comfort foods?

Well, now you can have it, but in a Paleo Diet and Gluten free way!!

You can find in Paleo Comfort Foods Recipes: Yuca and Plantain appetizers, side dishes and casseroles.

Discover how to prepare delicious meals that are comforting and can be shared with friends and family in a nutritious way.

These recipes feature affordable ingredients, which are wholesome.

Each of these recipes is gluten free and many are also:

- Nut-free
- Dairy-free
- Oat-free
- Yeast-free
- Vegan
- Vegetarian

This recipe book was written thinking of you, to discover these two ingredients and how creative a meal can become in a Paleo and Gluten free dish.

Once you try Yuca and Plantain, you will find they are tasty and easy to make. Yuca is an excellent source of non-inflammatory carbohydrate. Yuca provides the qualities of white potatoes without the problematic effects of nightshade vegetables.

Green Plantains are lower in sugar and yellow plantains can be a tasty dessert. And guess what?? They are Paleo and Gluten Free.

You will never eat a boring meal again!!

So...get ready...download your book and start enjoying your new meals!!

Enjoy the journey!.

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