

# Primal Beauty Dessert Recipes

By Neely Quinn

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By Neely Quinn, <http://NeelyQuinn.com>

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# About Neely Quinn



My name is Neely Quinn (of NeelyQuinn.com), and I'm a Certified Integrative Clinical Nutrition Therapist living in Boulder, Colorado. In 2009, after many years of weird health issues and weight

struggles, I realized my body didn't tolerate grains, legumes, or dairy very well, so I cut them out of my diet. I immediately started seeing my health issues disappear one by one. I realized after the fact that I was what was being called "Paleo", and soon implemented it with a lot of success into my nutrition practice.

I teamed up with PaleoHacks.com to create Primal Beauty because I've found that most of the people taking an active role in changing their health and transforming their bodies are women. But in my opinion, women aren't given enough guidance on how to take care of their special health needs (and we do have special needs, as I've learned personally over and over again).

I wanted to help get that information to you, so here in this program, I put everything together to make sure you are taken care of in your weight loss journey. I really hope the gems in here help you start feeling better and getting the body you want - starting right now :)

Before setting up shop at NeelyQuinn.com, I was with PaleoPlan.com, starting in 2011 until July of 2014, as the blogger and nutritionist there. I wrote over 400 blog posts about the hows, whys, and whats of Paleo, weight loss, and optimal health. I watched as thousands of people's bodies and lives were changed just by making simple changes to their diet - something that will never stop inspiring me.

I'm a no-nonsense kind of girl, and I generally cut to the heart of the matter, whether it's in my writing, my teaching, my interviews, or in my sessions with clients. I like to see people get better as quickly as possible because I know what it's like to feel awful. While I'm definitely interested in the science of nutrition and the nitty gritty details of how things work, I'm more interested in how to best put that science into practice in real people's lives.

I've dealt with parasites, bacterial infections, asthma, constant dizziness, temporary blindness in one eye, being overweight, eczema, endometriosis, and terrible digestive problems, among other things. I know what it's like to be uncomfortable, and my mission is to use my personal experience and my education to help you get out of discomfort quickly and live a life you love.

This program, Primal Beauty - is just that. It's me providing all the information from my brain (and the experts I've worked with over the years), trying to get you the most useful, practical information so that you can, indeed, lose that extra fat, and be a healthier, more vibrant version of yourself.

If you have questions about the program or anything at all, please email me at [Neely@neelyquinn.com](mailto:Neely@neelyquinn.com) - I'd love to hear from you! However, please do not send tech support or product support questions to that address – please send them directly to the customer service team at PaleoHacks – the e-mail address for that is [support@paleohacks.com](mailto:support@paleohacks.com).

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## **Instant Strawberry Ice Dreams**

1 lb. unsweetened frozen strawberries

14oz coconut milk

¼ tsp. liquid stevia extract

½ tbsp. lemon juice

Step 1: Put everything in your food processor and run it until strawberries are ground up.

Step 2: Eat.

## **Spicy Fruit Cookies**

2 cups raw honey  
2 cups ground cashews  
4 cups ground almonds  
½ tsp. nutmeg  
½ tsp. ginger  
½ cup golden raisins (chopped)

Step 1: Preheat oven to 350 degrees Fahrenheit.

Step 2: Lightly grease cookie sheets with ghee.

Step 3: Warm the honey in a saucepan until slightly thinned, then remove from heat.  
Allow to cool slightly before pouring into a mixing bowl.

Step 4: Sift together the ground nuts and spices, and gradually add to the honey, stirring until well blended.

Step 5: STIR in raisins.

Step 6: Drop the “dough” onto the prepared cookie sheets by the teaspoon.

Step 7: Bake for 10 minutes.

Step 8: Enjoy!

## **Polly's Paleo Custard**

14oz unsweetened coconut milk

3 tbsp. raw honey

¼ tsp. vanilla extract

5 organic pasture-raised eggs

1 dash of Himalayan Sea Salt

Step 1: Toss everything into high-powered blender and BLEND well.

Step 2: Pour into a greased 1-quart Pyrex casserole.

Step 3: Cover with foil and put it in your slow cooker.

Step 4: Fill the space around the casserole with water, up to 1 inch from the rim of the casserole.

Step 5: Cover the pot, set to low, and cook for 4 hours.

Step 6: Turn off the slow cooker, remove the lid, and let the water cool till you can remove the casserole without burning your fingers.

Step 7: Chill overnight.

Step 8: Go for a brisk walk in the morn.

Step 9: Eat custard.

## **Raw Candy Balls**

1 cup date paste

1 cup ground cashew (fine)

1 cup almond butter

Step 1: Add all ingredients in a high-powered blender or food processor, and process until thoroughly combined.

Step 2: Form into bite-size balls.

Step 3: Eat balls.

## **Sweet Brown's Baked Apple**

1 tbsp. ghee  
½ cup golden raisins  
¼ cup almond flour (blanched)  
1/8 cup cinnamon (ground)  
2 Fuji apples  
2 tbsp. Grade B maple syrup  
2 tbsp. raw cashews (chopped)

Step 1: Preheat oven to 350 degrees Fahrenheit.

Step 2: Cut the top 1/4 off of the apples, near the stem.

Step 3: With a sharp knife, remove the core of the apple without disturbing the bottom of the apple.

Step 4: In a small mixing bowl, combine almond flour, cinnamon, maple syrup and ghee.

Step 5: Stir until the ghee is evenly combined into the mixture.

Step 6: Stir in raisins and cashews.

Step 7: Stuff the center of each apple with the mixture.

Step 8: Bake uncovered for 30 minutes at 350 degrees Fahrenheit.

Step 9: Cover with aluminum foil, and bake for an additional 10 minutes.

## **Paleo Pop**

6oz fresh pineapple juice

1 medium banana

1 can of coconut milk

½ tsp. vanilla

Step 1: Mix all ingredients in a blender.

Step 2: Pour into popsicle shells, freeze, and enjoy!

## **Cashewgasm**

1 cup raw cashews (soaked in water for 2–3 hours)

2 tbsp. raw honey

1 tsp. vanilla extract

¼ cup almond milk

1 tbsp. coconut oil or ghee

1 tsp. cinnamon

a few dashes of Himalayan sea salt

Step 1: Combine all ingredients in a high-powered blender.

Step 2: Pour into bowl or cup.

Step 3: Lick blender. (Watch out for the blades!)

Step 4: Find a comfortable place to sit and EAT. (Slowly.)

### **Nana's Banana Puddin'**

1 (13.5 ounce) can of coconut milk (refrigerated overnight)

1 tbsp. raw honey

1 large overly-ripe banana

¼ cup raw almond butter

¼ cup of crushed cashews for garnish

Step 1: Open the can of coconut milk and separate the cream from the water.

Step 2: Place the coconut cream in a mixing bowl.

Step 3: Add the honey and using a hand-mixer, whip until you have coconut milk whipped cream.

Step 4: Add banana and almond butter and mix until smooth.

Step 5: Transfer to serving dishes and top with crushed cashews and extra coconut milk whipped cream if you have any.

## **Macadamia Nut Caramel Sauce**

½ cup raw macadamia nuts  
3 tbsp. Grade B maple syrup  
3 tbsp. agave nectar  
pinch of Himalayan sea salt  
1/2 tsp. raw cacao powder

Step 1: Blend all ingredients in a high-speed blender until smooth.

Step 2: Use immediately or store in a mason jar in the refrigerator.

## **Grilled Sweet Peaches**

2 organic peaches

dashes of cinnamon and Himalayan sea salt for taste

Step 1: Slice peaches in half and remove the pits.

Step 2: Sprinkle each half with cinnamon and salt.

Step 3: Grill over medium heat with cut side down for 3–5 minutes.

Step 4: Serve and eat!