



Latin American Paleo Cooking: Over 80 Traditional Recipes Made Grain and Gluten Free

Amanda Torres, Milagros Torres

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Latin Paleo Cooking combines exciting, new flavors and unique ingredients that adventurous paleos and foodies will not want to miss out on. With the help of co-author Millie, Amanda's Puerto Rican mother-in-law, Amanda provides authentic recipes inspired by Puerto Rican, Cuban, Haitian and Caribbean flavors. Recipes include *Anticuchos* (Peruvian Beef Heart Kebabs), *Carne Molida* (Puerto Rican Seasoned Ground Beef), *Chicharrones* (Pan-Latin Fried Pork Belly), *Mofongo Relleno de Camarones* (Puerto Rican Plantain Stuffed with Stewed Shrimp), *Carimañolas* (Columbian Stuffed Yuca Fritters), *Mangú* (Dominican Mashed Plantains) and *Hojaldre* (Puerto Rican Spice Cake), all as flavorful as they are healthy.

Amanda has achieved life-changing success with the Paleo diet, losing 80 pounds in one year. She has 24k Facebook followers and has been featured in *redbook*, The Huffington Post, *First for Women*, BuzzFeed and PopSugar. With Amanda's incredible Paleo recipes, readers can enjoy the flavors of Latin home cooking right in their very own kitchens.

This book will have 75 recipes and 75 photos.

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