



# Clean Eating with a Dirty Mind: Over 150 Paleo-Inspired Recipes for Every Craving

By Vanessa Barajas

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## Clean Eating with a Dirty Mind: Over 150 Paleo-Inspired Recipes for Every Craving By Vanessa Barajas

Delectable, Decadent, and Downright Sinful! In *Clean Eating with a Dirty Mind*, self-proclaimed “dessertavore” Vanessa Barajas takes your taste buds where your conscience dare not go. This stunning book was inspired by Vanessa’s convictions that healthy eating doesn’t have to equal self-deprivation and that guilty pleasures don’t have to be riddled with remorse

With a perfect combination of more than 150 sweet and savory recipes, this book breaks the mold (and all the rules), its core principle being that just because your food is nutritious doesn’t mean it has to taste that way! Recipes like Pizza Soup, Sour Cherry Crumble Bars, Death by Chocolate Cake, and Salted Caramel Ice Cream are sure to satisfy even the most demanding sweet tooth—and they are all gluten-free, grain-free, guilt-free, and Paleo-friendly.

Whether you’re gluten-free or Paleo, you want to “bake the world a better place,” or you simply love eating amazing food, *Clean Eating with a Dirty Mind* will cater to your every indulgence, leaving you with a whole lot less to confess and a whole lot more to enjoy

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## **Clean Eating with a Dirty Mind: Over 150 Paleo-Inspired Recipes for Every Craving By Vanessa Barajas Bibliography**

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### Editorial Review

#### About the Author

**Vanessa Barajas** is the self-taught dessertavore behind the blog *Clean Eating with a Dirty Mind*. She is a San Diego native who loves food passionately. She's been known to drink almond milk straight from the carton and expensive wine out of plastic cups. She started the Paleo diet as part of a thirty-day challenge in 2012 and never looked back.

Vanessa makes it her personal mission to create the best treats possible using nutrient-dense ingredients while never sacrificing on taste. Her favorite meal is, has, and always will be dessert.

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