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She founded her catering business, Chef Anna, in 2010 and Ideal Mealz, a service designed to help home cooks prepare healthy meals affordably and efficiently, in 2011. She is the author of The Paleo Cookbook, The Paleo Dessert Bible, and The Paleo Bread Bible. She lives in Chattanooga, Tennessee.

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25 Paleo Desserts that Satisfy Your Sweet Tooth - Dr. Axe

Scroll through for all the paleo brownies, cookies, smoothie bowls, and nice creams your sweet tooth could want. For more paleo inspiration, check out our favorite paleo soup ideas ! View Gallery ...

10+ Easy Paleo Desserts - Best Paleo Diet Desserts

Paleo desserts are dessert recipes that fit into the paleo diet based on the ingredients in them. That means paleo desserts are gluten free, dairy free, legume free and refined sugar free. That may seem like a lot of "free" things, but I promise these recipes are not free of flavor.

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The Paleo Dessert Bible: More Than 100 Delicious Recipes ...

In this book, readers will find more than one hundred recipes for amazing desserts that will leave you feeling satisfied, energized, and healthy. When chef and caterer Anna Conrad was asked to provide paleo recipes for a fitness group's twenty-eight-day paleo challenge, she was a little skeptical.

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Looking for paleo dessert recipes? Allrecipes has more than 50 trusted paleo diet dessert recipes complete with ratings, reviews, and cooking tips.

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