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Clean Sweets Simple High Protein
High-protein desserts that taste great, are easy to make, and serve one or two.

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Giving up dessert is no fun, so health-savvy folks have long tried to find ways to satisfy a sweet tooth. But so many Paleo-style desserts are complicated, with long lists of hard-to-find ingredients.

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Second edition bonus: More delicious keto variations and comprehensive nutritional information
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High-Protein Dessert Recipes That Taste Amazing

High Protein Green Gummies. This protein dessert proves that you can satisfy your cravings without sugar. Green juice and a low-glycemic sweetener mix with pastured protein, then mold into fun shapes for a kid-friendly treat loaded with micronutrients.

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Paleo Pumpkin Fudge. Use leftover cans of pumpkin to make this sweet and simple protein dessert.

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and 29 grams of the muscle-building macro on its side. Sounds like a clear winner! Get the recipe: Chocolate Peanut Butter Chia Protein Pudding

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ways to satisfy a sweet tooth but many Paleo-style desserts are complicated and include hard-to-find ingredients. Arman Lew discovered a way to have his cake and eat it too-in creations that indulge the appetite and are full of nutrients.

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