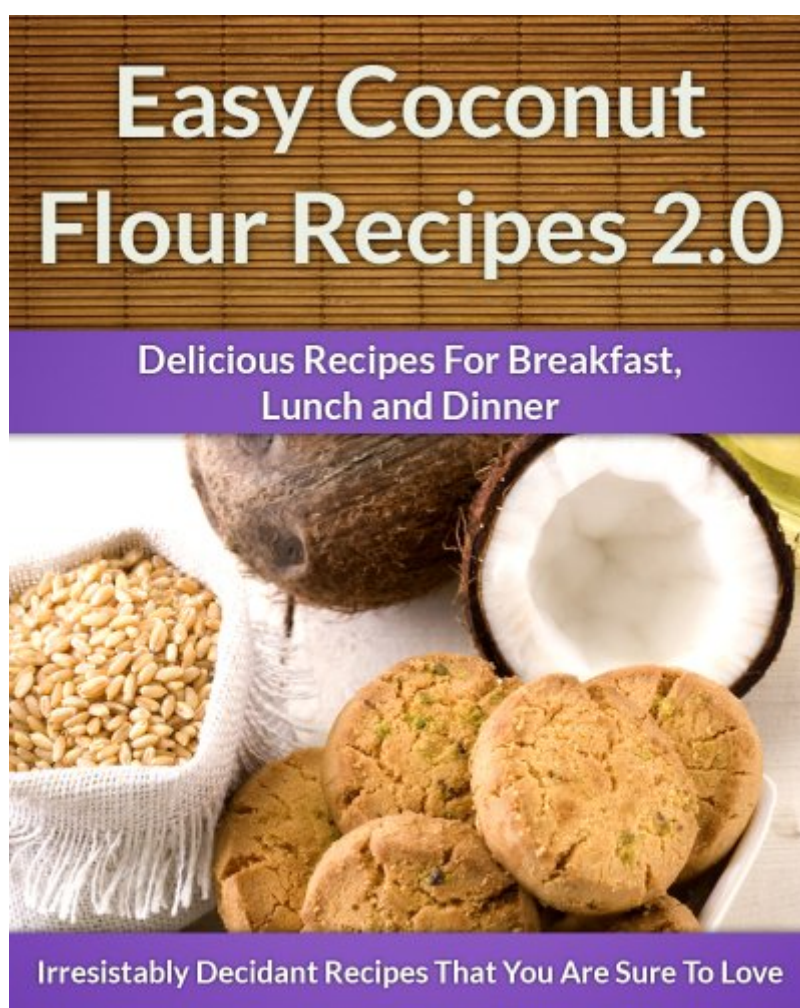


The book was found

Coconut Flour Recipes 2.0 - A Decadent Gluten-Free, Low-Carb Alternative To Wheat (The Easy Recipe Book 37)



Synopsis

The follow-up to the #1 Bestseller, Easy Coconut Flour Recipes. With tons of brand new recipes, you are sure to discover some new favourites. You've been hearing more about coconut flour lately, haven't you? Us too. As we grow more health-conscious, we continue to find new, healthier ingredients to cook our favourite recipes with. In this case, coconut flour is the grain-free diet friendly alternative to wheat flour. You can bake most, if not all of your favourites with it. That being said, cooking with coconut flour comes with it's own set of challenges. This book will teach you the proper ways of cooking delicious, healthy dishes with coconut flour. Inside, you will discover the history of coconut flour, it's health benefits, where to buy it and lots of delicious recipes. What is coconut flour? Coconut flour is produced from dried coconut meat. It's consistency is a soft powder. Why you should cook with coconut flour:- Coconut flour is protein and fiber rich.- Coconut flour has an ingredient (lauric acid) that is said to support the immune system, thyroid and produce healthier skin.

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Customer Reviews

Tried a recipe from here tonight and it was good, really good. Over all I like this cookbook there is one thing I did find wrong with it though. The Raisin Pecan Cookie recipe is all wrong. it calls for ground turkey, ground beef, and ground pork..and to serve it with pasta. Don't think i will try those cookies, no Pecans or Raisins, lol

I'm eating low-carb, and this recipe book provides me with good options when I have a yen for baked goods. The recipes I've tried have been very good. Happy with this purchase.

Was not much in this.

ok

Really like these recipes. Best I have found so far. Easy recipes to follow. Full of things I like.Worth the download.

a very good little book. read it carefully if you really want to use coconut flour. having a daughter w celiac, this has some very good recipes and plenty of ideas to think about.

This little book is packed with wonderful ideas, in breakfast, snacks and great dinners, I have tried so many of these, I can not tell you, how great these taste, you will have to try them, believe me when I say you will really love the recipes.

If you looking to put this to action, go to nearest Costco and purchase the organic coconut flour.Then, checkout the Rosemary Herb Meatloaf and Cinnamon Apple Scones.While giving up gluten, the recipes for baking call for a large amount of eggs.

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