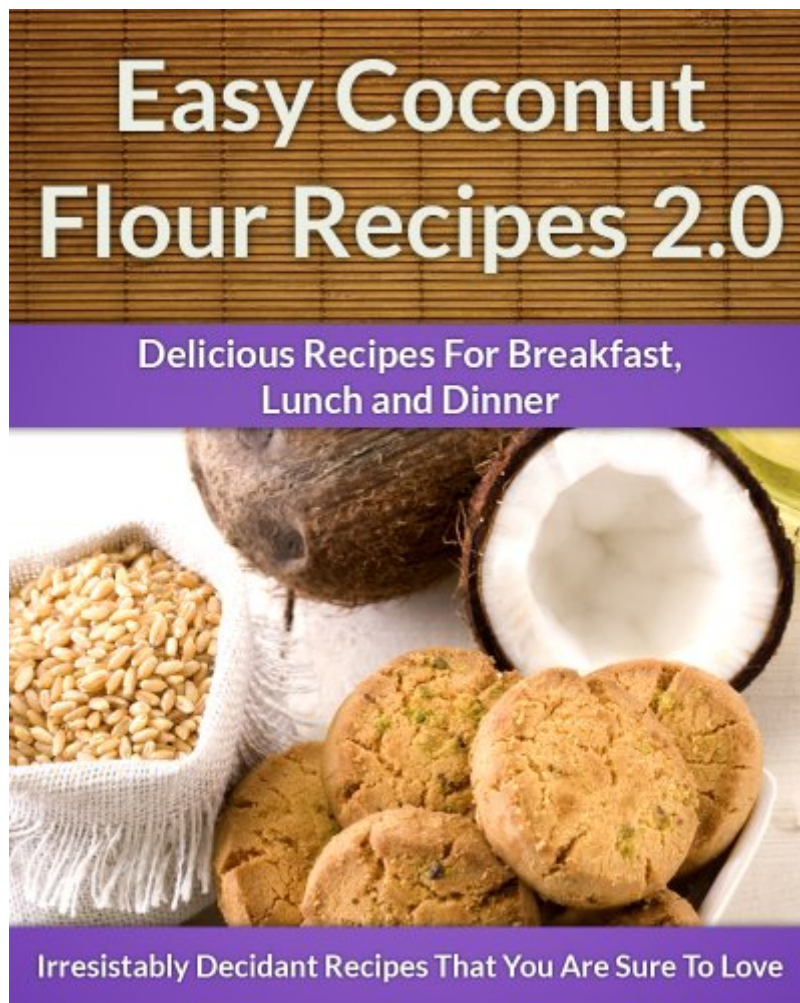


The book was found

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.

Book Information

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Customer Reviews

Recipes for coconut flour & gluten free foods sound pretty good. One problem with the fresh

blueberry cobbler recipe: ingredients list 4 1/2 T of sugar, divided. The directions only list 1 1/2 T added to the fruit mixture. Where does the other 3T go? Hoping to get an answer cause I'd really like to try making the cobbler.

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.

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.

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

The book contains recipes that are easy to prepare and less ingredients needed at the same time the byproduct overwhelmingly exceeds the delicacies that can be made using the coco nutty flour:)))Juzzko sarap;)))

I love the information and details this book gives. I just started cooking for my mom because we found out she can not eat any gluten and this book gave us great ideas that the whole family eats and doesn't complain.

I am looking forward to trying these delicious recipes. I am glad that there are so many new recipes that are finally healthy too.

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