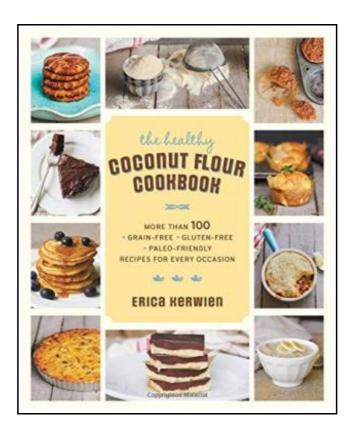
## The Healthy Coconut Flour Cookbook: More Than 100 Grain-Free Gluten-Free Paleo-Friendly Recipes for Every Occasion



Filesize: 5.69 MB

## Reviews

Complete guide! Its this sort of good read. It is rally exciting through studying period. I am just pleased to explain how here is the very best publication i have go through inside my own existence and could be he very best publication for at any time.

(Adele Rosenbaum)

## THE HEALTHY COCONUT FLOUR COOKBOOK: MORE THAN 100 GRAIN-FREE GLUTEN-FREE PALEO-FRIENDLY RECIPES FOR EVERY OCCASION



Fair Winds Press. Paperback. Book Condition: New. Paperback. 160 pages. Dimensions: 9.2in. x 7.5in. x 0.6in.Discover the Wonders of (Naturally Gluten-Free) Coconut Flour!Coconut flour is quickly becoming one of the most popular flours on the market today, and deservedly so. It contains no gluten and no grain, and is low in digestive carbs and high in fiber, making it a favorite among Paleo, gluten-free, grain-free, nut-free, and lowglycemic dieters. In addition to what coconut flour doesnt contain, what it does contain is just as impressive. Not only is it packed with protein, but it also contains four times more fiber than oat bran; just a few tablespoons provides you with between 25 to 50 percent of your daily required intake! Unlike gluten-free flour mixes, however, coconut flour may be used on its own and contains only one, all-natural ingredient coconut. Yet its pure, slightly sweet taste is subtle enough that even coconut haters wont be able to detect it, and it lends itself perfectly to baked goods, creating results far superior to many other gluten-free treats. One bite of light and moist coconut flour bread is sure to have you addicted!Inside, youll learn how to bake wonderful muffins, cakes, cookies, savory bites and more with this amazing flour, which is now easy to find in most grocery stores and online. No fillers, additives, and gums here - just simple, all-natural treats such as: Cheddar Biscuits Skillet Cornbread Chocolate Chip Scones Spiced Pumpkin Bread Carrot Cake Chocolate Layer Cake Red Velvet Cupcakes Pesto Flatbread Pizza Garlic-Cauliflower Breadsticks Spinach Mushroom Feta Crpes Coconut Shrimp with Sweet Chili Dipping SauceAuthor and blogger Erica Kerwien (www. comfybelly. com) will walk you through everything you need to know for using the flour with great results. Youll also find a handy icon guide for those recipes...

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