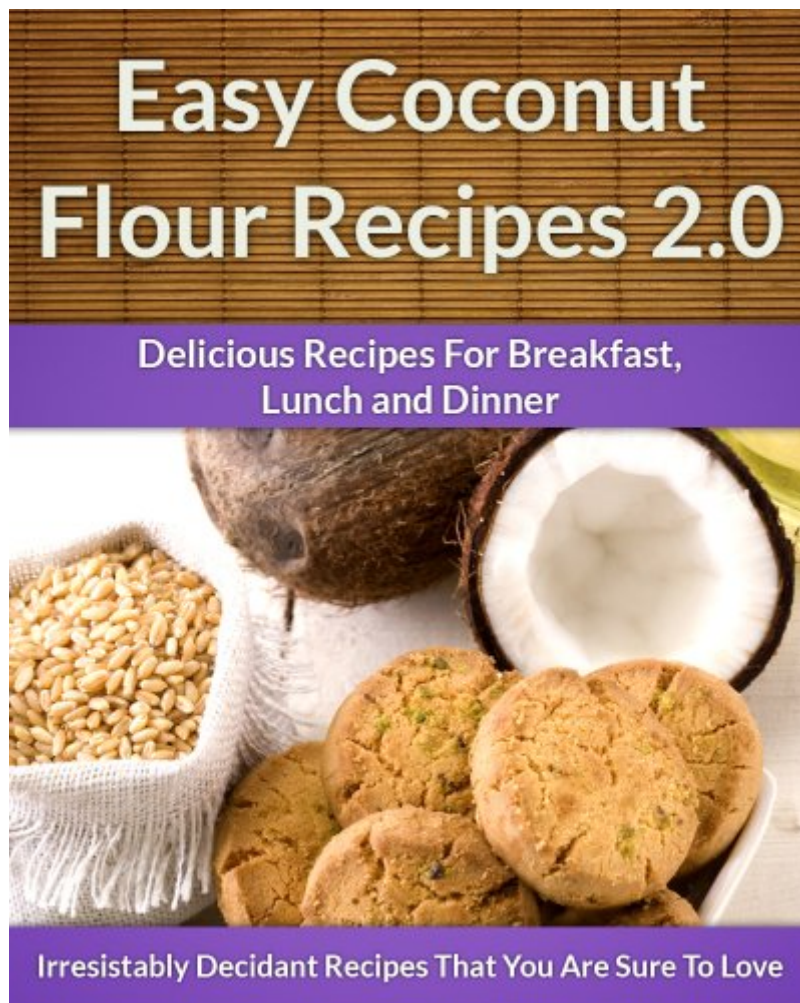


The book was found

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 its 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, its health benefits, where to buy it and lots of delicious recipes. What is coconut flour? Coconut flour is produced from dried coconut meat. Its 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

File Size: 6321 KB

Print Length: 82 pages

Publisher: Echo Bay Books (August 11, 2013)

Publication Date: August 11, 2013

Sold by:Â Digital Services LLC

Language: English

ASIN: B00EHHTI50

Text-to-Speech: Enabled

X-Ray: Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #93,247 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #21 inÂ Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diseases & Physical Ailments > Allergies #28 inÂ Books > Health, Fitness & Dieting > Diets & Weight Loss > Wheat Free #31 inÂ Books > Cookbooks, Food & Wine > Special Diet > Wheat Free

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.

[Download to continue reading...](#)

Coconut Flour Recipes 2.0 - A Decadent Gluten-Free, Low-Carb Alternative To Wheat (The Easy Recipe Book 37) Low Carb Cookbook: Delicious Snack Recipes for Weight Loss. (low carbohydrate

foods, low carb cooking, low carb diet, low carb recipes, low carb, low carb ... dinner recipes, low carb diets Book 1) Low carb cookbook: 35 delicious snack recipes for weight loss. Low carb cooking, low carb diet, low carbohydrate, low carb recipes, low carb, low carb ... low carb cooking, weight loss Book 1) Easy Almond Flour Recipes 2.0 - A Decadent Gluten-Free, Low-Carb Alternative To Wheat (The Easy Recipe Book 31) Low Carb Diet - Top 200 Low Carb Recipes Cookbook: (Low Carb, Budget Cookbook, Low Carb Diet, Low Carb Recipes, Atkins Diet, Low Carb Slow Cooker Recipes, Low Carb Living) Low Carb BOX SET 4 IN 1: 100 Best Low Carb Recipes You Will Love!: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, ... low carb lunches, low carb dinners,) Cooking With Coconut Oil Vol. 1 - 50 Coconut Oil Recipes Promoting Health, Wellness, & Beauty - Coconut Oil Cookbook - Coconut Oil Uses - Coconut Oil (Coconut Oil Diet And Recipes) Coconut Flour Recipes: An Alternative to Wheat Flour Cookbook for Celiac, Paleo, and Gluten Free Diets (Quick and Easy Series) Coconut Flour Recipes: Gluten Free, Low-carb and Low GI Alternative to Wheat: High in Fiber and Protein Low Carb BOX SET 7 IN 1: 165 Amazing Low Carb Recipes You Will Love!: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) WHEAT BELLY DIET FOR BEGINNERS: Grain-Free, Wheat-Free, Gluten-Free Cookbooks and Recipes For Weight Loss Plans and Solutions Included! (Wheat Free Grain Free Gluten Free Weight Loss Diet Book 1) Low Carb: Low Carb Diet For Beginners. How To Lose 10 Pounds in 10 Days: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, ... diet for dummies, low carb high fat diet,) Low Carb Diet Book Collection: 90 Amazing Recipes - Low Carb Casseroles, Low Carb Soups, Low Carb Fat Bombs and Low Carb Ice Cream: (Fat Bomb Recipes, ... healthy eating recipes, ketogenic desserts) Low Carb Ice Cream: 21 Great Low Carb Sugar Free Ice Cream Recipes: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, ... Ketogenic Diet to Overcome Belly Fat) Low Carb Freezer Meals: 26 Make-Ahead Low Carb Freezer Meals: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low ... Ketogenic Diet to Overcome Belly Fat) Low Carb Casseroles: 21 Super Satisfying Low Carb Casseroles: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low ... Ketogenic Diet to Overcome Belly Fat) Gluten Free: Gluten Free Quick-start Guide To Living A Gluten-Free and Wheat-Free Diet (Over 100 Gluten-Free Recipes) Low Carb Living Box Set: Low Carb Snacks, Low Carb Desserts, Low Carb Smoothies and Low Carb Italian Recipes Low Carb: Low Carb, High Fat Diet. The Winning Formula To Lose Weight (Healthy Cooking, Low Carb Diet, Low Carb Recipes, Low Carb Cookbook, Eat Fat, Ketogenic Diet) My Grain & Brain Gluten-Free Slow Cooker Cookbook: 101 Gluten-free Slow Cooker Recipes to Boost Brain Power & Lose Belly

Fat - A Grain-free, Low Sugar, Low Carb and Wheat-Free Slow Cooker Cookbook

[Dmca](#)