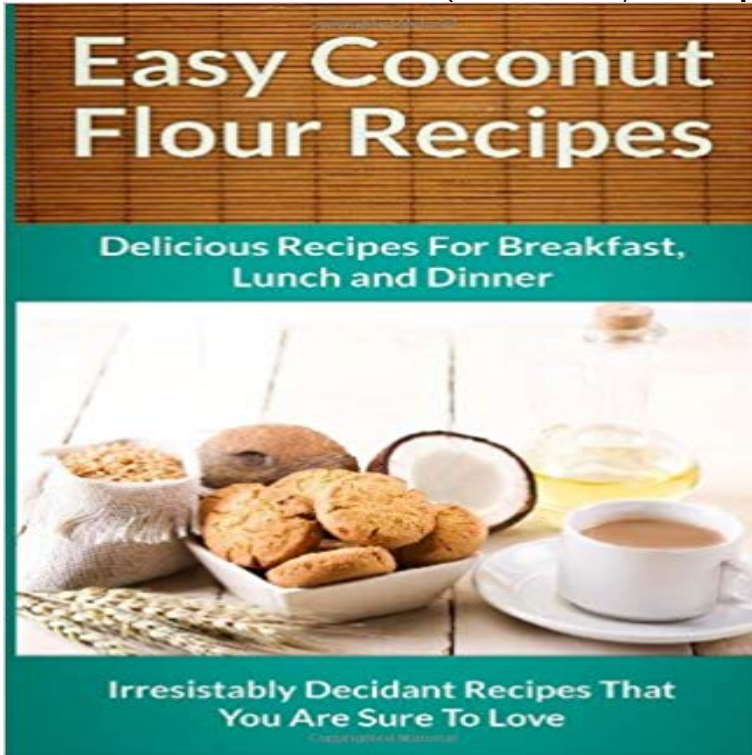


Easy Coconut Flour Recipes: A Decadent Gluten-Free, Low-Carb Alternative To Wheat (The Easy Recipe)



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.

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Coconut flour is a great healthy alternative to wheat flour that allows you to cook just about all Easy Almond Flour Recipes 2.0 - A Decadent Gluten-Free, Low-Carb Alternative. **Easy Almond Flour Recipes A Decadent Glutenfree Lowcarb** Mar 25, 2015 Whether youre a coconut flour newbie or already a connoisseur, these 25 Whether youve gone gluten-free, have a nut allergy or simply are looking for a more nutritious alternative to traditional flours, coconut flour might be the Not only are the chocolate brownies easy to make and taste delicious, but [[Download](#)] **Easy Coconut Flour Recipes: A Decadent Gluten-Free** Nov 22, 2016 Coconut Flour Recipes 2.0 A Decadent Gluten-Free, Low-Carb Alternative To Wheat (The Easy Recipe Book 37) Coconut Flour Recipes: **Read book Coconut Flour Recipes 2.0 - A Decadent Gluten-Free** This pdf ebook is one of digital edition of Coconut Flour. Recipes 20 A Decadent Glutenfree Lowcarb Alternative To Wheat The Easy. 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A Decadent Gluten-Free, Low-Carb Alternative To Wheat (The Easy Recipe **Coconut Flour Recipes 2.0 - A Decadent Gluten-Free, Low-Carb** Dec 5, 2016 - 51 sec - Uploaded by Dana CDownload Coconut Flour Recipes 2 0 A Decadent Gluten Free Low Carb Alternative To digestible carbohydrates and cholesterol, its a worthy grain flour alternative that This five-ingredient coconut flour-based cake is sweet and simple. low-carb-gluten-free-coconut-flour-chicken-tenders- Recipe: Low Carb Yum The author suggests adding tart apples or cheddar cheese for a more decadent variation. **Easy Almond Flour Recipes: Low-Carb, Gluten-Free, Paleo** Editorial Reviews. About the Author. Scarlett Aphra, a Chef from Vancouver, Canada, is the Easy Almond Flour Recipes - A Decadent Gluten-Free, Low-Carb Alternative To Wheat (The Easy Recipe) - Kindle edition by Scarlett Aphra. 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