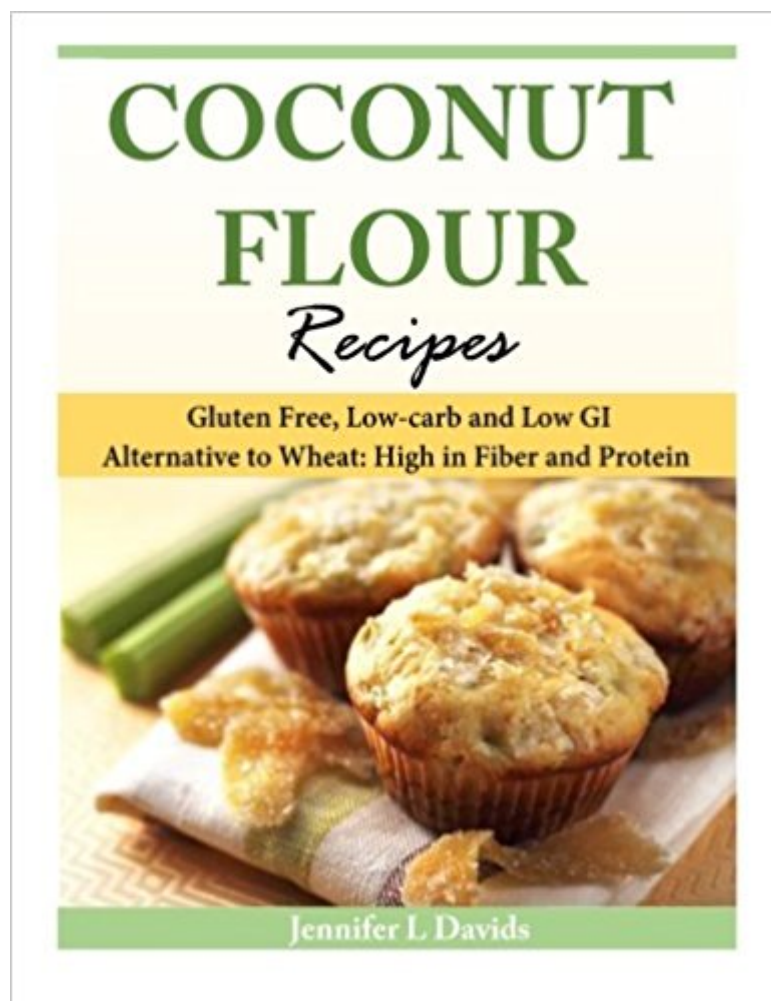




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Coconut Flour Recipes: Gluten Free, Low-carb And Low GI Alternative To Wheat: High In Fiber And Protein



Synopsis

About the Book This book contains recipes that use coconut flour. We will start with recipes for the most important meal of the day, breakfast. Chapter 1 introduces breakfast choices that will not only get your body started off on the right foot, but also taste delicious. The section purposely begins with pancakes, so you can experiment and test the liquid to flour ratio. With pancakes you can mix, test how it cooks and adjust accordingly. In Chapter 2 we will graduate to multi use breads, muffins and specialty loaves. You can incorporate coconut flour breads into sandwiches, wraps and tortillas using these foundational recipes. In Chapter 3 we will introduce you to ways to include coconut flour into savory entree dishes. See what surprising dishes have healthier alternatives. After dinner we will move on to cakes in Chapter 4. When it comes time for family and friends to celebrate, refined flour and sugar desserts will get the boot after giving these recipes a try. Create a healthier cake, without sacrificing taste. Last but not least, in Chapter 5 you will find flavorful delicious desserts with nutritious makings.

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Customer Reviews

In my daily challenge to keep the stubborn pounds off I have been trying many different types of recipes and one friend suggested I try some gluten free, so I decided to give this a try. So far I have tried mostly the bread recipes and those are delicious to say the least. The cornbread recipe is amazing and I also love the bread loaf which is a basic white bread. If you're looking for great tasting gluten free recipe you have to look no farther. Trying something new can be a little scary at first but after trying these recipes you will become a fan too. Great book and great recipes and meal ideas

all in one.

Jennifer L. Davids has created another spectacular recipe book, this time using coconut flour! Who doesn't love the taste of coconut? Dozens of recipes come together in one great book that will unleash your tastebuds to the power of coconut! If you like the simplicity of pancakes, it's here. If you want something a little more complex to challenge your inner chef, why not try the "Cranberry Walnut Bread Loaf"? Do you have the courage to try the "Jalapeno Bacon Bread Loaf"? If so, then get this book now! Recommended to all lovers of coconut flour.

If I were stuck on an island covered with coconuts, I think I'd be okay... as long as I had this book. I LOVE coconut! in any form. This little recipe book is so full of easy and delicious recipes. The great thing is that you use coconut flour like you would wheat flour but of course it's gluten free. There's a great recipe for biscuits and gravy that my family loved. I had to make seconds! I even made my own tortillas from the recipe in the book. I've read a lot of books on gluten free foods and this one is a definite keeper!

good ideals

No Nutritional info - kinda important.

I found this book to have some good recipes that were fairly easy to make. The only problem I have is the nut allergy so there were some I couldn't make but the remainder were very good.

book is OK, but not the Kindle version since you can't print a portion out

One star taken for abrupt ending - I would prefer some sort of footnote to round it off. Also, as this book has not been labelled as Paleolithic but for gluten free (I too, had noticed interchangeability to some extent for some time) It does seem that extra information could have been included. I would like to know if the extraordinary amount of eggs could be easily interchanged with egg substitute, or a combination of that and chia gel. As a vegetarian of many years I am not reluctant to leave fish or meat out and also to place other vegetarian products in their place. I use quorn quite a lot and also seaweed and miso. Perhaps a tip of some sort could have been added for vegetarians/vegans. I am really impressed with the range of recipes and the really clear and explicit instructions. They do

seem to be very straightforward which I really appreciate as I am a beginner with coconut flour. I am not sure about my flavouring nor how it will all work out with sweet or savoury items. This issue has been tackled head on with pertinent advice. It is a really good book to add to my confidence in this new venture and I also would have appreciated colour photographs to let me know if my attempt has turned out in anything like the right direction!

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