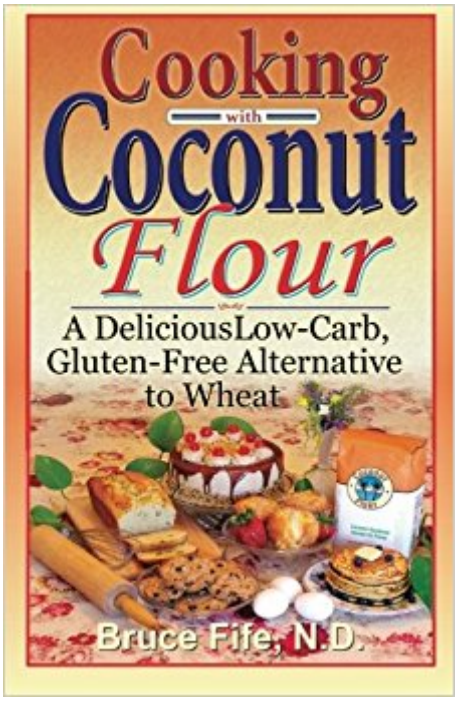
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# Cooking With Coconut Flour: A Delicious Low-Carb, Gluten-Free Alternative To Wheat




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## Synopsis

Do you love breads, cakes, pies, cookies, and other wheat products but canÃ¢â ¬â„¢t eat them because you are allergic to wheat or sensitive to gluten? Perhaps you avoid wheat because you are concerned about your weight and need to cut down on carbohydrates. If so, the solution for you is coconut flour. Coconut flour is a delicious, healthy alternative to wheat. It is high in fiber, low in digestible carbohydrate, and a good source of protein. It contains no gluten so it is ideal for those with celiac disease. Coconut flour can be used to make a variety of delicious baked goods, snacks, desserts, and main dishes. It is the only flour used in most of the recipes in this book. These recipes are so delicious that you wonÃ¢â ¬â„¢t be able to tell that they arenÃ¢â ¬â„¢t made with wheat. If you like food such as German chocolate cake, apple pie, blueberry muffins, cheese crackers, and chicken pot pie, but donÃ¢â ¬â„¢t want the wheat; you will love the recipes in this book! These recipes are designed with your health in mind. Every recipe is completely free of wheat, gluten, soy, trans fats, and artificial sweeteners. Coconut is naturally low in carbohydrate and recipes include both regular and reduced sugar versions. Coconut flour provides many health benefits. It can improve digestion, help regulate blood sugar, protect against diabetes, help prevent heart disease and cancer, and aid in weight loss.

## Book Information

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## Customer Reviews

Dr. Bruce Fife is regarded as the world’s leading expert on the health aspects of coconut. He is the author of more than 20 books including The Coconut Oil Miracle and Coconut Cures. He is the president of the Coconut Research Center.

From the subtitle, which includes the words 'low carb', I assumed that there would be low-carb recipes that a person on a serious low-carb diet (Atkins, Bernstein's Diabetes Diet) could consume without going over their carb count for the meal.I was dismayed to find that not only was that not the case, nutrition information on the recipes was not included--- not even a 'net carb' count.In addition, many recipes included sugar. Some had 'reduced sugar', but sugar is still sugar. It's not a health food. There were no tested sugar-free versions of any of the recipes. A couple recipes also included bananas, which are a source of natural sugars that most low-carb dieters cannot eat.I feel the book could be improved greatly by the simple act of providing the nutritional information--- carbs, fat, protein and calories--- for each recipe. Removing the 'low-carb' from the subtitle would help keep people from mistakenly believing this was a book of low-carb recipes suitable for a low-carb or ketogenic diet.If your health does not require you to be on an actual low-carb diet and you are only concerned with gluten-free issues, or reducing your daily carb intake a little, there may be a lot of recipes in this book that you can use. The general information on using coconut flour may come in handy even for low-carbers (though I'm not sure I'd advise buying the book just for that.)It's also possible that if you are willing to look up the nutritional information on the ingredients and make adaptations, you could turn some of these recipes into low-carb and sugar-free versions. If you have that ability, this book may be a great addition to your recipe book collection.

I have read other people's reviews and I know that a lot of people are unhappy about the number of eggs in the recipes. I personally am happy about the number of eggs because I know that this type of protein keeps me fuller longer. Coconut flour is so high in fiber and does not spike your blood sugar. I find that when I eat baked goods that I make from this book I feel much more satisfied than when I eat a regular piece of bread or muffin. I tend to eat a lot less throughout the day and it helps me lose weight.The baked goods that I make from these recipes are NOT exactly like the white flour recipes they are trying to copy. HOWEVER, they always taste delicious and I have yet to try a recipe that I have not liked. I have tried banana bread, cranberry nut bread, corn bread, pumpkin muffins, and brownies. My favorite so far is the banana bread and pumpkin muffins. Even my husband who gets frustrated with my healthy eating attempts loved these. My kids gobble up EVERYTHING I have made from this book and think they are treats. And if you are also substituting stevia, they are healthy!I would highly recommend this book to anyone looking for a low carb solution to delicious baked goods.

This is still, after all this time and all of the self-published Coconut Flour cookbook options that have hit the market since, the best option for a Coconut Flour cookbook. Fife really took his time to get the measurements right and to be clear on exactly how to get the recipes to turn out correctly. I'm not saying none of the others are worth trying, as I have and use several. I am saying that this is the go to, the most accurate, the most usable and user friendly, not to mention actually useful in what it can help you cook, out of all of the books I've tried for cooking exclusively with Coconut Flour. The recipes are varied and there are about three times as many of them, as compared to the average. He gives low carb variations, so that you don't have to use sugar in everything, and there are some variations which allow for using other flour combinations if you want. His was the first I ever found, the first I ever tried, and is the Coconut Flour equivalent to The Joy Of Cooking corrected 1967 edition or the following 1975 edition, basically, the gold standard. Good luck in your efforts to eat healthier and escape the wheat-go-round.

This book offers an abundance of recipes with what the title says, Coconut Flour. But what's great about it is it offers a low sugar option for each and every recipe. Which is great for people who don't want all that sugar in their diet. It uses the Tuvia droplets as a partial substitute because you can't use that stuff as a complete substitute for sugar. So, it's part Truvia and part honey or whatever sweetener goes into the recipe. Which I find great. In fact I just ordered some shredded unsweetened coconut for the Coconut Muffins and I can't wait to try them. They sound so yummy. Coconut flour does not taste so much like coconut that you have to bake everything coconut. Blueberry Muffins, etc are perfect to cook with coconut flour. Try the book if you're looking to cut out white flour and want to use Coconut Flour as a substitute.

I wanted to try some coconut recipes. I don't have any allergy or dietary restrictions that made me buy this. I was just interested in eating healthier and I started to use coconut oil so I thought I'd try this as well.I must say the reviews here helped. I was prepared for the large amount of eggs needed for each recipe.We made the bacon muffins (which the name pretty much says it all) and I loved them. They are perfect for breakfast.Just heat them for 10 seconds in the microwave to warm them and go. I plan to make several of the muffin recipes forfast to-go breakfast ideas. You definitely can taste the eggs in these if that bothers you. But I loved it.We also made the chocolate cookies which were not a hit. It's possible that we got something wrong in the ingredients. Or maybe its that my flour wasn't sifted. But either way these cookies made us so thirsty we'd be running for water with every bite.I am hopeful that the bread recipes which are expected to be more dense would be

good.I would still recommend this book to anyone wanting to test out coconut flour.

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