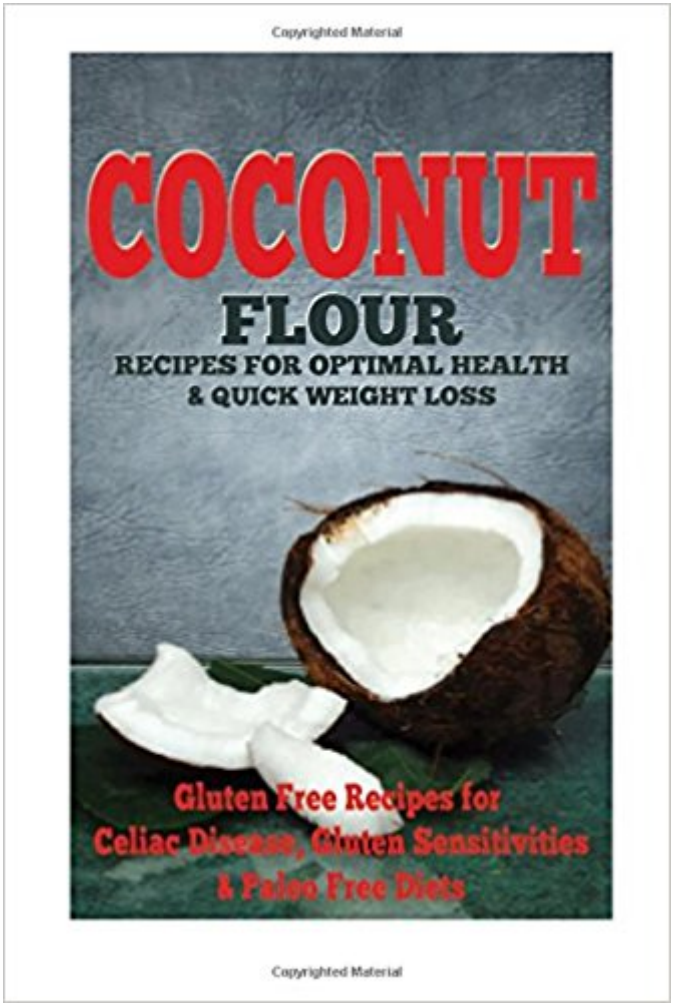
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The Coconut Flour Recipes For Optimal Health And Quick Weight Loss: Gluten Free Recipes For Celiac Disease, Gluten Sensitivities, And Paleo Diets




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Synopsis

Learn How You Can Lose Weight and Stay Healthy with Coconut Flour Recipes Today! YouÃ¢â ¬â„¢re about to discover how to make dishes using Coconut Flour... Manage your weight and stay healthy without restricting yourself of foods that you love to eat. Discover the benefits of coconut flour and how it can help you lose weight and be healthy without sacrificing your love for bread, cakes, and other treats. This book includes several delicious recipes to help you adjust more easily to a healthier food lifestyle. Coconut flour is a good alternative to wheat flour. You can use it for baking and cooking. This book provides you with several recipes that use coconut flour. Try these recipes yourself and you can also add your own twist in the process. Whether you have Celiacs, a gluten sensitivity or you simply want to be healthy, this book is perfect for you. Coconut flour is a SUPER FOOD, giving you even more awesome benefits for your body. Here Is A Preview Of What You'll Learn... Why Use Coconut Flour?Coconut Flour Bread RecipesCoconut Flour Breakfast RecipesCoconut Flour Cake Recipes Purchase your copy today! Learn the Benefits of Coconut Flour in Our Everyday Life Now!

Book Information

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Customer Reviews

Rose does a great job of summarizing coconut flour recipes for different courses of a meal. She begins with the various benefits of using coconut flour recipes in the first place and then goes on to various recipes for breakfast, baking and breads.Coconut Flour is such a boon to anyone who has gluten resistance or sensitivity. It is ideal for anyone looking for a healthier and fitter lifestyle too . It

is a great bunch of recipes which would be a jewel in your collection of recipe books.

I love coconut flour but it's so hard to work with! After some failed coconut flour baking that turned out inedible, this was helpful to figure out just what other ingredients I needed to be able to use it. I haven't made too much because it requires so many eggs, but this is a good teaching tool.

Coconut flour is gluten free. Ever since I used it for my recipes, I always feel lighter so I kept on looking for recipe books that include coconut flour as an ingredient. This book offers a variety of tasty Coconut Flour Recipes that you and your family will love. I loved the coffee cake and I can't wait to try all of these mouthwatering recipes.

Overall, if you are new to these type of recipes, then this book will be useful to you. It only contains recipes, which can probably be found online. I was expecting perhaps photos to illustrate how the final result should look like. I owe a lot of recipe books and this one didn't come close to those.

Its unfortunate that I cannot use this book! All recipes except ONE contain eggs, I wished I could have looked at this book before buying it. Also I can't have banana's as I have an allergy to both. However, I am using coconut flour in a few of my baked goods. I made pancakes the other day and replaced 1/2 cup of the GF flour with coconut flour and used full fat coconut milk. They tasted really good. We are growing zucchini and I was looking for a good bread recipe.

Another great recipe book to add to list of alternative foods.

Great product

Great

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