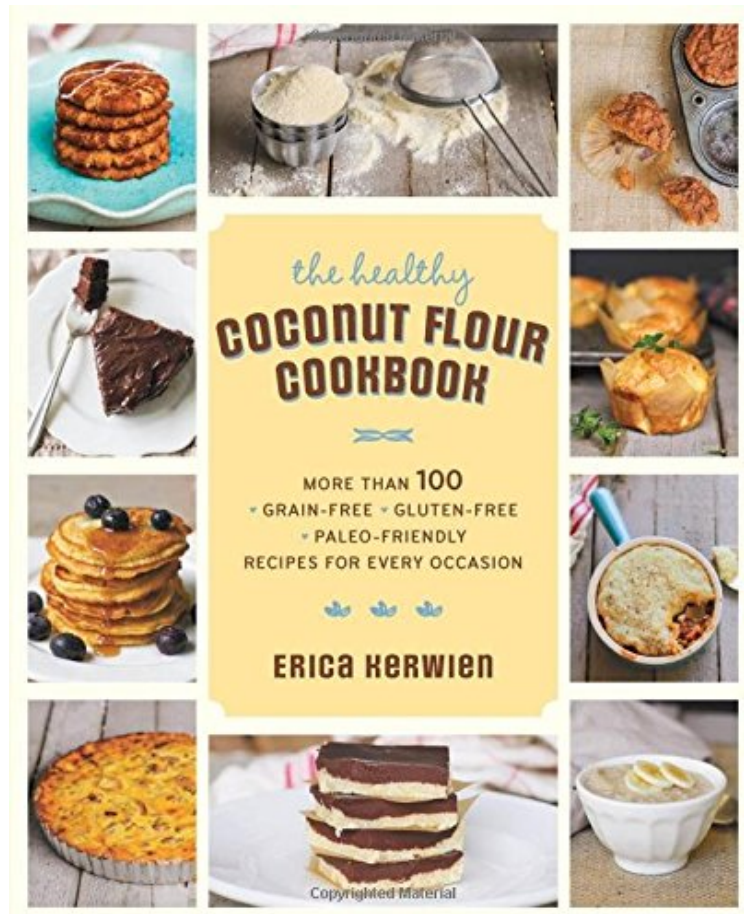


(Download free ebook) The Healthy Coconut Flour Cookbook: More than 100 *Grain-Free *Gluten-Free *Paleo-Friendly Recipes for Every Occasion

The Healthy Coconut Flour Cookbook: More than 100 *Grain-Free *Gluten-Free *Paleo-Friendly Recipes for Every Occasion

Erica Kerwien

**Download PDF | ePub | DOC | audiobook | ebooks*



DOWNLOAD



READ ONLINE

#38530 in Books imusti 2014-06-01Original language:EnglishPDF # 1 9.25 x .50 x 7.50l, .0 #File Name: 1592335462160 pagesFair Winds Press MA | File size: 30.Mb

Erica Kerwien : The Healthy Coconut Flour Cookbook: More than 100 *Grain-Free *Gluten-Free *Paleo-Friendly Recipes for Every Occasion before purchasing it in order to gage whether or not it would be worth my time, and all praised The Healthy Coconut Flour Cookbook: More than 100 *Grain-Free *Gluten-Free *Paleo-Friendly Recipes for Every Occasion:

28 of 28 people found the following review helpful. Wonderful!By AzurefireThis is a great book for people with Celiac Disease or for anyone who has chosen the Paleo lifestyle. Many people who have a problem with most grains would like this book also! The recipes in this book are easy and informative. Enjoy!15 of 15 people found the following review helpful. Coconut Flour Cookbook.By Lainey.DGreat book,very well put together,I am new to cooking with coconut flour ,but this book has got me cooking to perfection.I highly recommend it to anyone who is

looking to change their eating to avoid gluten, and use healthier options. 65 of 66 people found the following review helpful. Great tasting recipes! By Ruth S. We just love the recipes we have tried from this cookbook! The carrot cake is the best carrot cake ever according to taste testers at our house. We love the basic flat bread as a pizza crust or just sliced in slivers to go along a soup or salad. The Berry Yogurt crepes were a wonderful breakfast treat and our boys loved the chocolate chip scones. One thing I love is that the coconut flour in each recipe can be typically measured, or you can weigh it, to be more precise. Every recipe has turned out great because I measured the coconut flour by weight instead of a cup/spoon measurement. I found that measuring in a typical fashion did not match the weighed amount, so I switched to just weighing the coconut flour. Am looking forward to trying more recipes and will be making the ones we have made so far often/

Discover the Wonders of (Naturally Gluten-Free) Coconut Flour! Coconut flour is quickly becoming one of the most popular flours on the market today, and deservedly so. It contains no gluten and no grain, and is low in digestive carbs and high in fiber, making it a favorite among Paleo, gluten-free, grain-free, nut-free, and low-glycemic dieters. In addition to what coconut flour doesn't contain, what it does contain is just as impressive. Not only is it packed with protein, but it also contains four times more fiber than oat bran; just a few tablespoons provides you with between 25 to 50 percent of your daily required intake! Unlike gluten-free flour mixes, however, coconut flour may be used on its own and contains only one, all-natural ingredient coconut. Yet its pure, slightly sweet taste is subtle enough that even coconut haters won't be able to detect it, and it lends itself perfectly to baked goods, creating results far superior to many other gluten-free treats. One bite of light and moist coconut flour bread is sure to have you addicted! Inside, you'll learn how to bake wonderful muffins, cakes, cookies, savory bites and more with this amazing flour, which is now easy to find in most grocery stores and online. No fillers, additives, and gums here - just simple, all-natural treats such as: * Cheddar Biscuits * Skillet Cornbread * Chocolate Chip Scones * Spiced Pumpkin Bread * Carrot Cake * Chocolate Layer Cake * Red Velvet Cupcakes * Pesto Flatbread Pizza * Garlic-Cauliflower Breadsticks * Spinach Mushroom Feta Crêpes * Coconut Shrimp with Sweet Chili Dipping Sauce Author and blogger Erica Kerwien (www.comfybelly.com) will walk you through everything you need to know for using the flour with great results. You'll also find a handy icon guide for those recipes that are (or can be made) Paleo, grain-free, gluten-free, dairy-free, nut-free and more, so in no time you'll be whipping up new favorites that will please everyone (and every diet) at your table.

.com Parmesan-Thyme Popovers