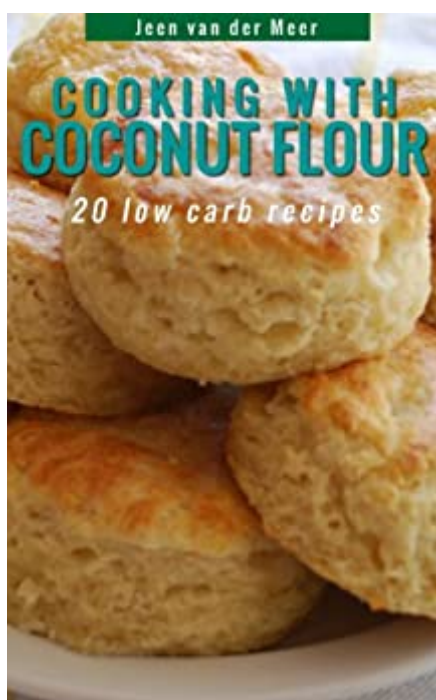


The book was found

Cooking With Coconut Flour: 20 Low Carb Recipes (Wheat Flour Alternatives Book 5)



Synopsis

The Coconut Flour Recipes book contains 20 recipes featuring coconut flour. Coconut flour is a great alternative to wheat flour. People on a gluten free diet strive to look for alternatives to wheat flour and coconut flour offers a good way to make baked goods replacing wheat flour. Coconut flour is high in fiber and adds wonderful flavor to foods. You can purchase coconut flour from your favorite grocery store or you can make it your own, the recipe to make homemade coconut flour is included in the book in the introduction. Then there are 20 delicious recipes that use coconut flour in place of wheat flour. The 20 recipes include: Shortbread Cookies, Raisin Cinnamon Bread, Powdered Sugar Chocolate Donut Balls, Pizza Crust, Pie Crust, Peanut Butter Banana Muffins, Paprika Chicken, Garlic Cheese Bread, Fruity Pancakes, Drop Biscuits, Coconut Flour Crusted Steak and Gravy, Coconut Flour Bread, Chunky Monkey Muffins, Chocolate Chip Coconut Cookies, Chocolate Cake, Cheese Crackers, Carrot Cake, Blackberry Banana Muffins, Avocado Banana Quick Bread, and a delicious Apple Crisp. Each of these recipes are easy to fix with easy to find ingredients. The recipes double easily as well if you wish to make larger portions. tags: (Coconut Flour Recipes, Low Carb bread, Healthy Recipes, Gluten Free Cake, Coconut Flour Pancakes, Coconut Flour Weight Loss, Paleo Diet Coconut Flour)

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Customer Reviews

I was a bit disappointed that the bread recipes required many other flours than just coconut. Not sure why you have to write so many words but here you are.

Nice recipes, and I'm pleased with the book.

Really enjoying this purchase.

If you are looking for gluten free, this might fit the bill, but this is not low carb, so the title is very deceptive. One of the sample recipes has 4 cups of rice flour and 2 1/2 cups of sugar in addition to a small amount of coconut flour. This is NOT low carb by any means. This should be called "Incorporating a Little Bit of Coconut Flour into Gluten Free Recipes" instead of Coconut Flour recipes. I am disappointed that the title is so deceptive, since I am looking for gluten free AND low carb recipes. So glad I didn't waste my money on this.

Awesome recipes which I will use, including Pizza Crust and Pie Crust, Cheese Crackers and Garlic Cheese Bread. All low carb, which is what I was looking for. Well, the Pizza Crust, I might substitute which kind of milk I use to make it more low carb, but of those ones, yes, all low carb and excellent. Yes, some of the recipes are not low enough in the carbs, but there were a few I thought were excellent for the low carb crowd (such as those listed above), and anything to help along the low carb diet road is helpful!! Appreciated, and worth picking up, thank you Jeen.

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