

Coconut Flour! 47+ Irresistible Recipes for Baking with Coconut Flour: Perfect for Gluten Free, Celiac and Paleo Diets [2013 Edition]



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Createspace, United States, 2013. Paperback. Book Condition: New. 252 x 202 mm. Language: English . Brand New Book ***** Print on Demand *****.Irresistible Recipes for Baking with Coconut Flour ***2013 Edition - Major Update! In response to reader feedback and popular demand, 36 BRAND NEW and DELICIOUS recipes have been added to the book in the BONUS SECTION (but don't worry, your old favorites are still present and accounted for!) *** NOW including MORE than 47 RECIPES and many of their variations! In addition to its numerous health benefits, coconut flour is a delicious gluten-free alternative to conventional wheat-based flour. Whether you're: Looking to add some exotic flavor to your baking repertoire A diagnosed Celiac Following the Paleo diet (or another gluten-free diet) Just in love with the great taste of coconut A seasoned gluten-free/low carb veteran Just starting out with a gluten or wheat-free diet This book is for you. Donatella Giordano Takes you by the hand and shows you with everything you need to bake tasty, varied, and guilt-free treats that will impress even the most die-hard gluten/wheat addicts. She even tells the secret of you how to make your own coconut flour for cheaper than you can buy it in most stores! Not just another recipe book: Unlike other Coconut Flour and Gluten-Free Recipes which stop at simply providing a list of smoothie recipes together with some generic/stock pictures of baked treats, this book includes everything you need to know about living gluten-free and provides the complete nutritional breakdown for each of the 47+ delicious recipes. In addition to being delicious, Coconut Flour is packed with benefits including being: Completely Gluten Free Cheap and Easy to buy or make at home Low on The Glycemic Index (Low GI) High in Protein Aids weight-loss and digestion High...



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