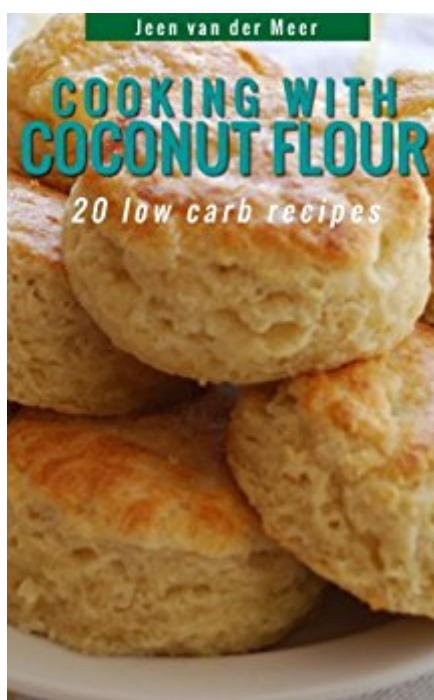


The book was found

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)

Book Information

File Size: 475 KB

Print Length: 48 pages

Publisher: Jeen van der Meer (July 24, 2013)

Publication Date: July 24, 2013

Sold by: Amazon Digital Services LLC

Language: English

ASIN: B00E5H4TS8

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #479,192 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #81

in Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Cooking by Ingredient > Rice & Grains #195 in Books > Cookbooks, Food & Wine > Cooking by Ingredient > Rice & Grains

#222 in [Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diets & Weight Loss > Food Counters](#)

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.

[Download to continue reading...](#)

Low Carb: 365 Days of Low Carb Recipes (Low Carb, Low Carb Cookbook, Low Carb Diet, Low Carb Recipes, Low Carb Slow Cooker, Low Carb Slow Cooker Recipes, Low Carb Living, Low Carb Diet For Beginners) Coconut Flour Recipes: Your Ultimate Low Carb, Gluten Free & Paleo Friendly Coconut Flour Cookbook (Coconut Oil, Coconut Oil Recipes, Coconut Oil For Weight ... Oil For Beginners, Coconut Oil Miracles) Low Carb Cookbook: Delicious Snack Recipes for Weight Loss. (low carbohydrate foods, low carb cooking, low carb diet, low carb recipes, low carb, low carb ... dinner recipes, low carb diets Book 1) Low Carb Diet: Introduction To Low Carb Diet And Recipes Of Low Carb Soups And Casseroles: (low carbohydrate, high protein, low carbohydrate foods, low

carb, low carb cookbook, low carb recipes) Cooking with Coconut Flour: 20 Low Carb Recipes (Wheat flour alternatives Book 5) Low Carb Candy Bars: 25 Low Carb Recipes To Satisfy Your Sweet Tooth: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) Low Carb Cookbook: 500 BEST LOW CARB RECIPES (low carb diet for beginners, lose weight, Atkins diet, low carb foods, low carb diet weight loss, low carb food list) Low Carb: The Ultimate Beginner's Low Carb Guide to Lose Weight Quick without Starving With over 20 Easy Recipes To Follow. (Low Carb, Low Carb Cookbook, ... Diet, Low Carb Recipes, Low Carb Cookbook) Almond: Coconut: Almond Flour & Coconut Flour - Gluten Free Cookbook for Paleo Diet, Celiac Diet & Wheat Free Diet (paleo baking, paleo beginners, wheat ... baking recipes, gluten free diet cookbook) Low Carb: Don't starve! How to fit into your old jeans in 7 days without starving with a Low Carb & High Protein Diet (low carb cookbook, low carb recipes, low carb cooking) Low Carb: Low Carb, High Fat Diet. The Winning Formula To Lose Weight (Healthy Cooking, Low Carb Diet, Low Carb Recipes, Low Carb Cookbook, Eat Fat, Ketogenic Diet) Keto Bread Cookbook: Real Low Carb Recipes: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) The Ketogenic Diet Cookbook: Lose 15 Lbs In Two-Weeks With 66 Perfect Low Carb Keto Recipes: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) Low Carb: Low Calorie Cookbook: 200 High Protein Recipes for Weight Loss, Muscle Building, Healthy Eating and Increased Energy Levels (Low Carb High Protein ... Low Carb Cookbook, Low Carb Diet Book 1) Low Carb: Low Calorie Cookbook: 50 High Protein Recipes Under 500 Calories for Weight Loss, Muscle Building, Healthy Eating & To Increase Energy (Low Carb ... Low Carb Cookbook, Low Carb Diet Book 1) LOW CARB DIET: KETOGENIC DIET: 1000 BEST LOW CARB AND KETOGENIC DIET RECIPES (BOX SET): low carb cookbook, ketogenic diet for beginners, low carb diet for beginners, low carbohydrate diet, ketogenic Coconut Flour Recipes: Gluten Free, Low-carb and Low GI Alternative to Wheat: High in Fiber and Protein Cooking With Buckwheat Flour -: 20 High Fiber Recipes (Wheat flour alternatives Book 4) Low Carb: In 20 Minutes - Over 60 Easy One Skillet Recipes in 20 Minutes Or Less (Low Carb Cookbook, Low Carb Diet Cookbook, Low Carb Cookbooks) Cooking with Coconut Flour: A Delicious Low-Carb, Gluten-Free Alternative to Wheat

[Contact Us](#)

[DMCA](#)

[Privacy](#)

