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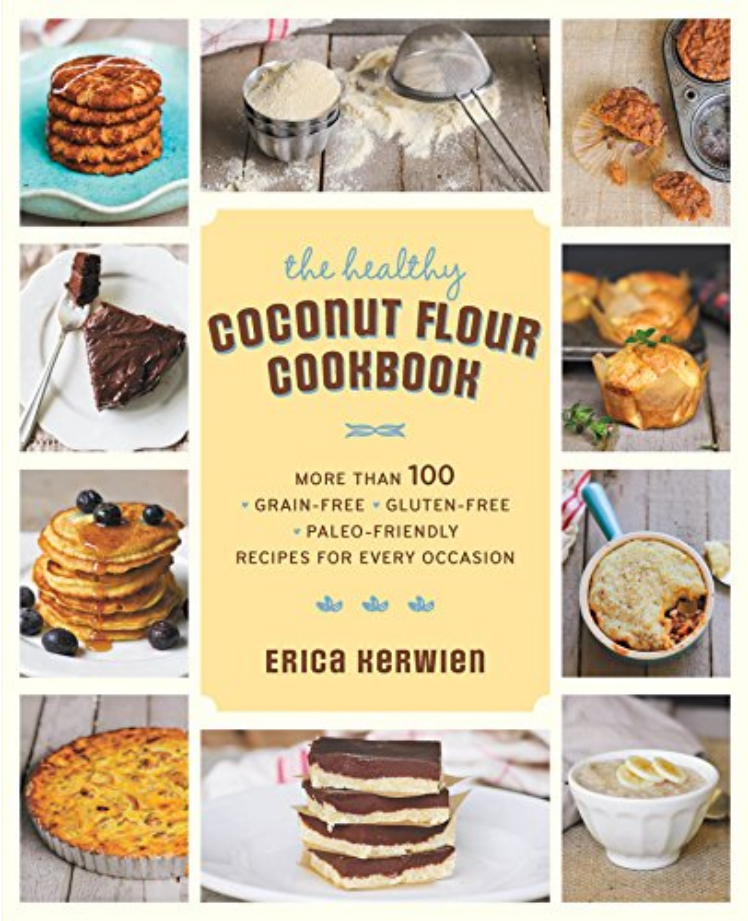
The Healthy Coconut Flour Cookbook: More than 100 *Grain-Free *Gluten-Free *Paleo-Friendly Recipes for Every Occasion



Par Erica Kerwien
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Description :

Prsentation de l'diteurCoconut flour is quickly becoming one of the most popular flours on the market today. It contains no gluten and no grain, and is also low in digestive carbs, making it a favorite among paleo, primal, gluten-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 28% to 50% of your daily required intake!Unlike gluten-free flour mixes, coconut flour may be used on its own and contains only one, all-natural ingredient: coconut! Its pure, slightly sweet taste is subtle enough that even coconut haters wont be able to detect it, and it lends itself perfectly to baked goods, creating results far superior to other gluten-free treats. One bite of light and moist coconut flour bread will have you addicted!With The Coconut Flour Cookbook, youll learn how to bake wonderful breads, muffins, cakes, and more with this amazing flour,

which is now easy to find in most grocery stores and online.