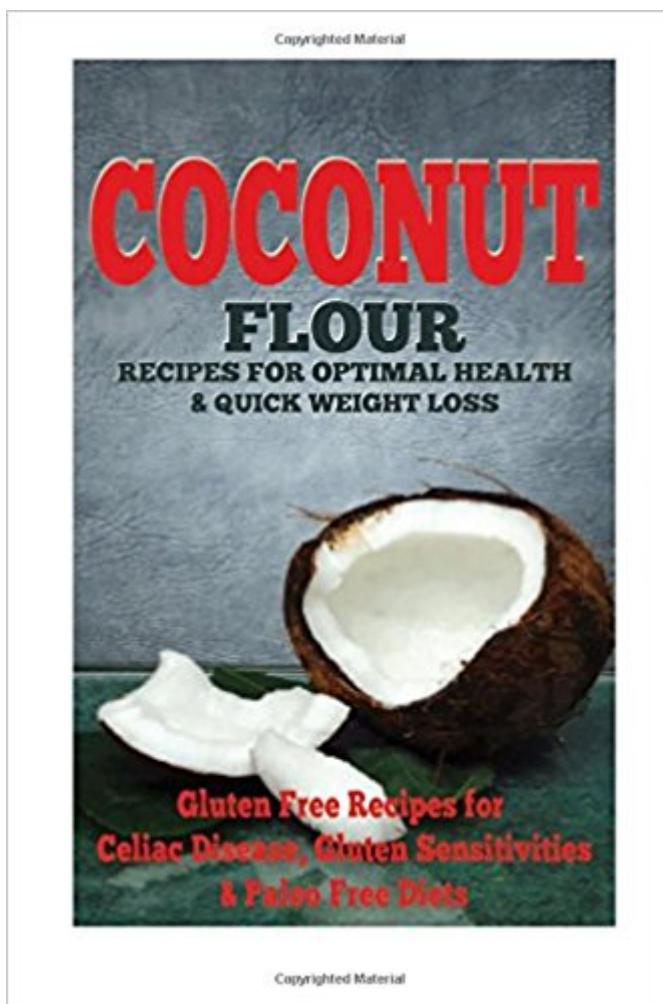


The book was found

# The Coconut Flour Recipes For Optimal Health And Quick Weight Loss: Gluten Free Recipes For Celiac Disease, Gluten Sensitivities, And Paleo Diets





## **Synopsis**

Learn How You Can Lose Weight and Stay Healthy with Coconut Flour Recipes Today! You're about to discover how to make dishes using Coconut Flour... Manage your weight and stay healthy without restricting yourself of foods that you love to eat. Discover the benefits of coconut flour and how it can help you lose weight and be healthy without sacrificing your love for bread, cakes, and other treats. This book includes several delicious recipes to help you adjust more easily to a healthier food lifestyle. Coconut flour is a good alternative to wheat flour. You can use it for baking and cooking. This book provides you with several recipes that use coconut flour. Try these recipes yourself and you can also add your own twist in the process. Whether you have Celiacs, a gluten sensitivity or you simply want to be healthy, this book is perfect for you. Coconut flour is a SUPER FOOD, giving you even more awesome benefits for your body. Here Is A Preview Of What You'll Learn... Why Use Coconut Flour?Coconut Flour Bread RecipesCoconut Flour Breakfast RecipesCoconut Flour Cake Recipes Purchase your copy today! Learn the Benefits of Coconut Flour in Our Everyday Life Now!

## **Book Information**

Paperback: 64 pages

Publisher: CreateSpace Independent Publishing Platform (October 2, 2014)

Language: English

ISBN-10: 1502576740

ISBN-13: 978-1502576743

Product Dimensions: 6 x 0.2 x 9 inches

Shipping Weight: 5.4 ounces (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars 13 customer reviews

Best Sellers Rank: #315,305 in Books (See Top 100 in Books) #64 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Wheat Free #93 in Books > Cookbooks, Food & Wine > Special Diet > Wheat Free #144 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Gluten Free

## **Customer Reviews**

Rose does a great job of summarizing coconut flour recipes for different courses of a meal. She begins with the various benefits of using coconut flour recipes in the first place and then goes on to various recipes for breakfast, baking and breads. Coconut Flour is such a boon to anyone who has gluten resistance or sensitivity. It is ideal for anyone looking for a healthier and fitter lifestyle too . It

is a great bunch of recipes which would be a jewel in your collection of recipe books.

I love coconut flour but it's so hard to work with! After some failed coconut flour baking that turned out inedible, this was helpful to figure out just what other ingredients I needed to be able to use it. I haven't made too much because it requires so many eggs, but this is a good teaching tool.

Coconut flour is gluten free. Ever since I used it for my recipes, I always feel lighter so I kept on looking for recipe books that include coconut flour as an ingredient. This book offers a variety of tasty Coconut Flour Recipes that you and your family will love. I loved the coffee cake and I can't wait to try all of these mouthwatering recipes.

Overall, if you are new to these type of recipes, then this book will be useful to you. It only contains recipes, which can probably be found online. I was expecting perhaps photos to illustrate how the final result should look like. I owe a lot of recipe books and this one didn't come close to those.

Its unfortunate that I cannot use this book! All recipes except ONE contain eggs, I wished I could have looked at this book before buying it. Also I can't have banana's as I have an allergy to both. However, I am using coconut flour in a few of my baked goods. I made pancakes the other day and replaced 1/2 cup of the GF flour with coconut flour and used full fat coconut milk. They tasted really good. We are growing zucchini and I was looking for a good bread recipe.

Another great recipe book to add to list of alternative foods.

Great product

Great

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

The Coconut Flour Recipes for Optimal Health and Quick Weight Loss: Gluten Free Recipes for Celiac Disease, Gluten Sensitivities, and Paleo Diets 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) 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) Paleo Diet: 365 Days

of Paleo Diet Recipes (Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, Paleo, Paleo Cookbook, Paleo Slow Cooker, Paleo For Beginner, Paleo Recipes) Paleo Diet: 1001 Best Paleo Diet Recipes of All Time (Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, Paleo, Paleo Cookbook, Paleo Slow Cooker, Paleo Diet Meals) Gluten Free: Gluten Free Diet for Beginners: Create Your Gluten Free Lifestyle for Vibrant Health, Wellness & Weight Loss (Gluten-Free Diet, Celiac Disease, Wheat Free, Cookbook Book 1) Wheat Free: Diet for Beginners - Lose Weight Quickly, Achieve Optimal Health & Feel Energized with Gluten Free Recipes for Celiac Disease & Paleo Free ... diet, natural weight loss, baking recipes) The Everyday Paleo Slow Cooker: 100+ Quick and Easy Paleo Slow Cooker Recipes for Busy People (paleo diet, paleo, paleo solution, paleo diet cookbook, paleo books, paleo ebooks, paleo diet kindle) Paleo Diet for Beginners: Lose Weight and Start Living the Paleo Lifestyle. Easy Paleo Diet Recipes for Weight Loss(paleo books, Paleo Diet, Paleo Diet ... diet, living paleo for dummies Book 2) Paleo Diet for Beginners: The Ultimate Paleo Diet Guide for Weight Loss (Paleo Diet Cookbook, Paleo Diet Recipes, Paleo Diet for Beginners, Rapid Weight Loss, Paleo Diet Meal Plan, Burn Fat) Paleo Diet: 55 Budget-Friendly Recipes to Lose Weight. A Low Carb Cookbook for Beginners. (Paleo recipes, Paleo Cookbook for Weight Loss, Paleo Diet, Paleo Cookbook) (weight loss book) Paleo Recipes for Rapid Weight Loss: 50 Delicious, Quick & Easy Recipes to Help Melt Your Damn Stubborn Fat Away! (Paleo Recipes, Paleo, Paleo ... Paleo Recipe Book, Paleo Cookbook) (Volume 1) Paleo Diet: Ultimate Guide For Beginners, How To Lose Weight And Get Healthy (Paleo For Beginners, Paleo Diet Cookbook , Paleo Diet Recipes, Paleo Diet For Rapid Weight Loss, Paleo Diet Plan) Paleo Diet: Paleo Diet For Beginners, Lose Weight And Get Healthy (Paleo Diet Cookbook, Paleo Diet Recipes, Paleo Diet For Weight Loss, Paleo Diet For Beginners) Paleo Desserts: Satisfy Your Sweet Tooth With Over 100 Quick and Easy Paleo Dessert Recipes & Paleo Diet Baking Recipes (gluten free, lose belly fat, paleo ... diet desserts, paleo diet, wheat free) Celiac for Dummies - Celiac Cookbook for a Gluten Free Life: Delicious Celiac Disease Recipes that are sure to Please Description PALEO: Paleo Diet For Rapid Weight Loss: Lose Up To 30 lbs. In 30 Days (Paleo diet, Paleo diet for weight loss, Paleo diet for beginners, Diabetes diet, Ketogenic diet, Anti inflammatory diet) Paleo For Beginners: Paleo Diet â “ The Complete Guide To Paleo â “ Paleo Cookbook, Paleo Recipes, Paleo Weight Loss Paleo For Beginners: Paleo Diet â “ The Complete Guide To Paleo â “ Paleo Cookbook, Paleo Recipes, Paleo Weight Loss (Clean Eating) Paleo: A Simple Start To The 14-Day Paleo Diet Plan For Beginners(paleo books, Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, ... Slow Cooker) (Cookbook delicious recipes 3)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)