



The Coconut Flour Cookbook: Delicious Gluten Free Coconut Flour Recipes

Rashelle Johnson

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Coconut flour is a delicious and healthy alternative to the gluten-packed grain flours you're used to.

Whether you're suffering from Celiac disease, are gluten-intolerant or just want to eliminate gluten from your diet, there's no doubt that coconut flour is a much healthier alternative. If you're serious about eating healthy, you should consider adding coconut flour to your diet.

Coconut flour has the following health benefits:

- It's gluten-free and is one of the few flours you can use to bake with when you make the switch to a gluten-free diet.
- It's packed with fiber and protein.
- It contains healthy fats that help the body function at a high level.
- It contains manganese and a number of other vitamins and minerals.

Unlike baked goods made from grain flours, foods cooked with coconut flour are largely good for you and can be an integral part of most diet plans. This book contains a number of recipes covering everything from breakfast to dinner to dessert.

Buy this book now and learn how to cook with coconut flour.

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Cindy Johnson:

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