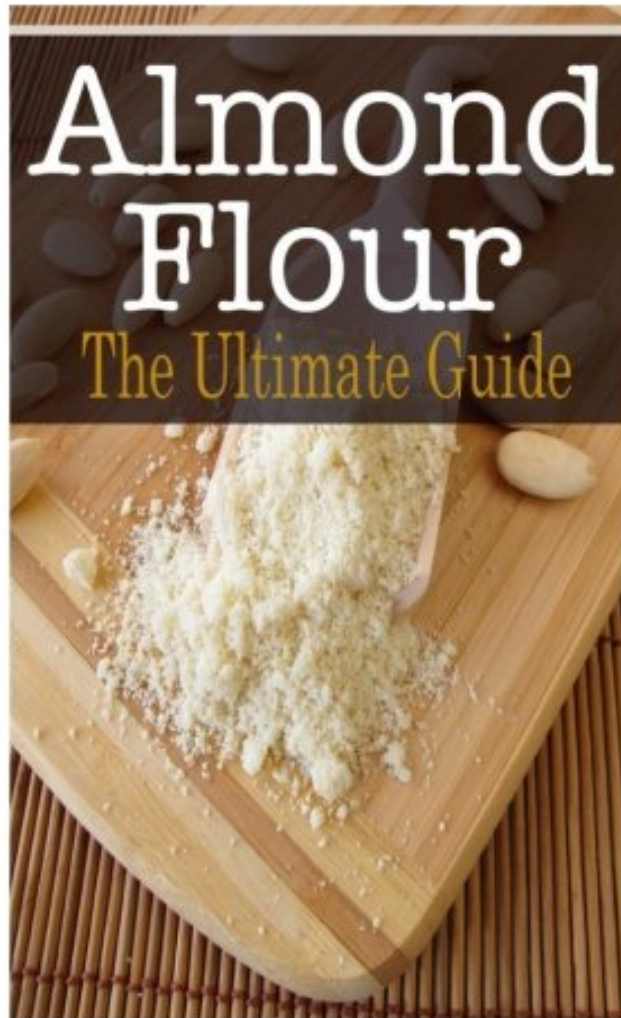


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## Almond Flour: The Ultimate Guide

*Johanna Davidson*

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\* Gluten Free Grain Free - Celiac Paleo Friendly \* Almond flour is a healthy and suitable substitute for other flours in most recipes. For those of us watching our glycemic index, Not only is Almond Flour Gluten Free, it is also high in protein, low in carbohydrates and low in sugars. We have collected over 30 of the most delicious and best selling recipes from around the world. Enjoy! - Did You Know - Almond Flour has been shown to aid in lowering cholesterol and reduce the risk of many common diseases including Alzheimer's, diabetes and heart disease. Almond Flour is an excellent source of magnesium. Magnesium aids in the building and maintenance of bones and teeth, assists in the absorption of calcium and in maintaining proper muscle tone. Almond flour is a good source of copper. Copper is an essential mineral that acts as an antioxidant, maintaining healthy function and integrity of bones and tissues, protects nerves and helps the body process iron efficiently. Take a peek at the recipes you will find inside Almond Flour Coffee Cake Almond Flour Chicken Tenders Almond Flour Biscotti Almond Flour Veal Meatballs Almond Flour Tortillas Introduce Almond Flour into your diet today! Scroll Up Grab Your Copy NOW!