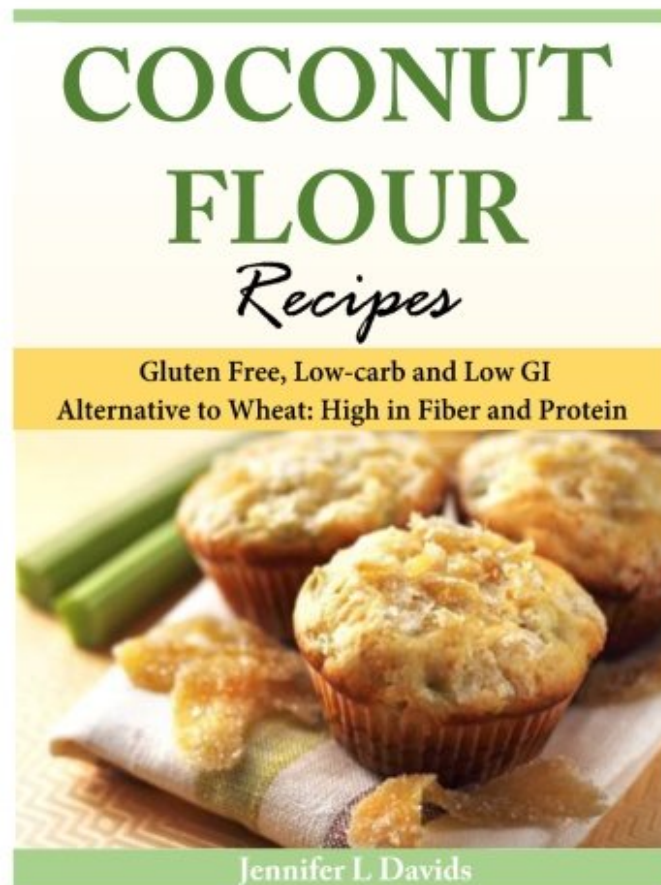


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Coconut Flour Recipes: Gluten Free, Low-carb and Low GI Alternative to Wheat: High in Fiber and Protein

Jennifer L Davids

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About the Book This book contains recipes that use coconut flour. We will start with recipes for the most important meal of the day, breakfast. Chapter 1 introduces breakfast choices that will not only get your body started off on the

right foot, but also taste delicious. The section purposely begins with pancakes, so you can experiment and test the liquid to flour ratio. With pancakes you can mix, test how it cooks and adjust accordingly. In Chapter 2 we will graduate to multi use breads, muffins and specialty loaves. You can incorporate coconut flour breads into sandwiches, wraps and tortillas using these foundational recipes. In Chapter 3 we will introduce you to ways to include coconut flour into savory entree dishes. See what surprising dishes have healthier alternatives. After dinner we will move on to cakes in Chapter 4. When it comes time for family and friends to celebrate, refined flour and sugar desserts will get the boot after giving these recipes a try. Create a healthier cake, without sacrificing taste. Last but not least, in Chapter 5 you will find flavorful delicious desserts with nutritious makings.