



Scrumptious Coconut Flour Recipes: Quick, Easy and Delicious Recipes (Paperback)

By Lisa Tennon

Createspace Independent Publishing Platform, United States, 2014. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.About the Book This book is for those who love great tasting food that nourishes the body and doesn't damage it. For those who love to eat simple, delicious and healthy foods, let us introduce you to coconut flour. Learn a bit more about coconut flour in the introduction. Then find the collection of recipes for every meal of the day. First are the appetizer recipes which will just begin to quench your appetite. Then comes the healthy and delicious breakfast recipes using coconut flour to make your favorites like muffins, waffles, biscuits, and lots more. Following breakfast are the lunch recipes which are light delicious and use coconut flour to make pizza crust, coconut fried zucchini and lots more. Then comes the dinner recipes. The fiery dinner recipes use coconut flour in combination with chicken, meatloaf etc. Lastly, indulge your sweet tooth without even breaking the rules! Enjoy the collection of delicious deserts and snack recipes that will undoubtedly help you enjoy eating gluten free!.



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