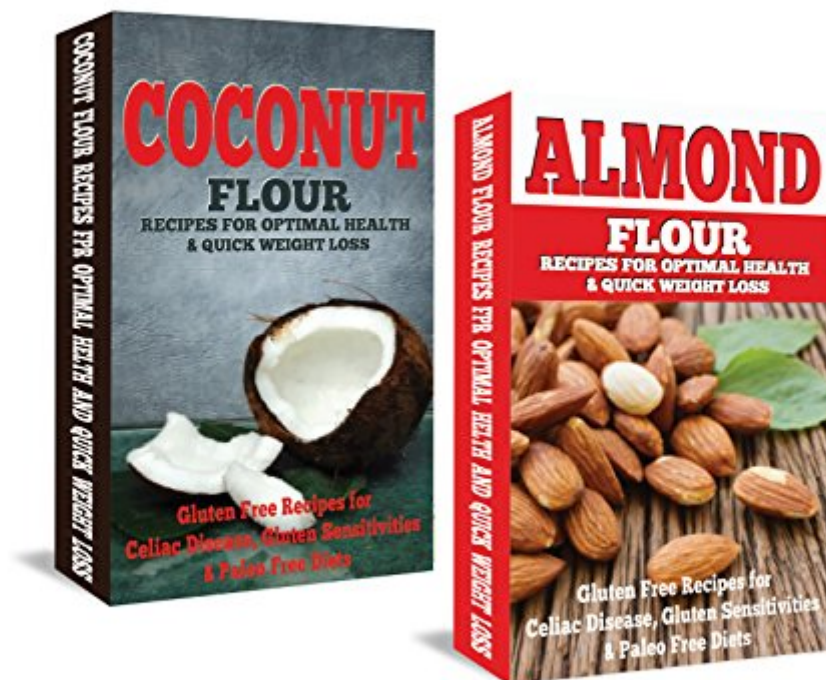


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Synopsis

Almond Flour Recipes for Optimal Health and Quick Weight Loss: Gluten Free Recipes for Celiac Disease, Gluten Sensitivities, & Paleo Diets Discover Now How to Make Dishes Using Almond Flour! You're about to discover how to make dishes using Almond Flour...Almond 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 almond flour. Try these recipes yourself and you can also add your own twist in the process. Whether you have Celiacs disease, gluten sensitivity or you simply want to be healthy, this book is perfect for you. Almond flour is an alkaline food and a SUPER FOOD, giving you even more awesome benefits to your body. Here Is A Preview of What You'll Learn...All Learn Almond Flour Bread and Pancakes Cookies Main Dish Cakes Take action today and get this book and enjoy delicious and healthy meals using almond flour! Coconut Flour Recipes for Optimal Health and Quick Weight Loss: Gluten Free Recipes for Celiac Disease, Gluten Sensitivities, & Paleo Diets 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 Recipes Coconut Flour Breakfast Recipes Coconut Flour Cake Recipes Purchase your copy today tags: almond flour, coconut flour, almond flour organic, coconut flour bread, honeyville almond flour, coconut flour cookbook, blanched almond flour, organic coconut flour, almond flour cookbook, coconut flour recipes, almond flour bulk, coconut flour bulk, almond flour 25 lbs, coconut flour gluten free, almond flour, almond flour recipes, almond flour cookbook, almond flour recipes free, almond tree, almond flour recipes susan james, almond flour recipe book, almond recipes, almond flour low carb, almond flour gluten free & paleo diet cookbook, alkaline diet, ph miracle, ph balance, alkalinity, acidity, alkaline, alkaline foods, alkaline recipes, alkalize or die, alkaline water, alkaline cure, alkaline diet recipes, alkaline diet recipe book, cleanse, detox, detox diet, diet, weight loss, lose weight, lose weight fast, detox cleanse, cleanse diet, cleanse and detox your body, cleanse body,

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Book Information

File Size: 1289 KB

Print Length: 130 pages

Simultaneous Device Usage: Unlimited

Publisher: paleo baking, paleo beginners, wheat belly, wheat free, baking bread, baking recipes, gluten free diet cookbook; paleo baking, paleo beginners, wheat belly, wheat edition (July 29, 2014)

Publication Date: July 29, 2014

Sold by: Amazon Digital Services LLC

Language: English

ASIN: B00M98308U

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #380,589 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #62

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Customer Reviews

Gluten Free or not this book offers up some interesting variables to time tested recipes. The Paleo Banana Bread and Potato Pancakes were delicious. Have not attempted other recipes but the almond flour brings a certain variance worth trying. My point is if you are looking for Gluten Free this book certainly offers you the opportunity and if you are not worried about Gluten it still makes for interesting recipes. Clearly the book gives you the nutrient values of almond flour and the recipes bear out a very acceptable alternative to the normally known creating of these recipes.

Really good recipes and family loves them!

I was disappointed. The recipes are OK, but the coconut flour recipes are few and are not impressive. I would return it if it wasn't such a hassle to do so.

Great for trying to eat healthier

Everything is all about the tools it takes to learn how to do better for yourself. Appreciated the knowledge I obtained from the book!

Good recipes

very good

No proof reading, words not only spelled wrong but missing instructions. No nutritional values. Not good for low carb unless you take the time to find substitutes.

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