



Coconut Flour Recipes: An Alternative to Wheat Flour Cookbook for Celiac, Paleo, and Gluten Free Diets (Quick and Easy Series)

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Introducing Coconut Flour Recipes from Dogwood Apps!

What's so special about coconut flour?

Did you know that coconut flour is high in fiber, low in digestible carbohydrates, gluten free, and it provides a natural sweetness to cookies, bread, cake, and other baked goods? It's a great substitute for other grain flours required for those people on paleo and gluten free diets. Even if you are not on a diet, try baking with coconut flour for an entirely different tasting experience!

What are some of the health benefits of using coconut flour?

First and foremost, it is gluten free. Gluten protein can have numerous negative effects on an individual's health. This is especially applicable to people with celiac disease. According to the reports revealed by The National Institutes of Health, gluten, especially one which is present in wheat flour, can cause inflammation. This can further cause arthritis and organ damage. This is one of the main reasons why coconut flour is considered beneficial. Since it is gluten free, it does not cause any adverse affects. Thus, you can use it to cook and bake your favorite meals and desserts without worrying.

Secondly, coconut flour has high fiber content. The fiber content present in coconut flour is almost double the amount present in wheat bran. There are a number of health benefits of fiber as well. For one thing it can control and lower cholesterol levels and reducing the level of sugar absorption in the blood stream. In short, using coconut flour in your food can help you considerably lower cholesterol levels.

Third, due to its high protein levels, fiber, and fat it is incredibly filling. If you regularly consume coconut flour in your food you will feel hungry less often.

What are some of the challenges of using coconut flour?

You can't substitute coconut flour for other wheat based flours using a 1:1 ratio. Very little coconut flour is needed when reproducing a recipe.

Coconut flour is clumpy - it must be combined or beaten with other ingredients when used in baking and cooking.

Coconut flour is very absorbent. This means when substituting coconut flour for grain based flours you want to use anywhere from 1/4 or 1/3 a cup of coconut flour for every cup of grain based flour.

Why should I buy your Coconut Flour Recipe Book?

We take the guess work out of substituting coconut flour with other grain based flours and only offer you tested, credible, healthy, and delicious Coconut Flour Recipes! **We offer many great recipes including:**

- Creamy Chicken Soup
- Coconut Flour Tortilla
- Coconut Fried Shrimp
- Fragrant Lamb Stew
- Baked Chicken
- Paprika Coconut Chicken
- Bacon, Eggs and Cheese Muffins
- Coconut Chicken Finger
- Chicken Cacciatore
- Coconutty Halibut
- Smothered Steak
- Coconut Fried Fish
- Meaty Meatloaf
- Spiced Fish Sticks
- Spinach Soufflé
- Banana Coconut Flour Muffins
- Coconut Cream-Cheese Squares
- Coconut Smoothie
- Brownies
- Drop Biscuits
- Coconut Butter Cookies
- Best Ever Cornbread Muffins
- Luscious Lemon Butter Cake
- Almond Coconut Bars
- Mexican Chocolate Coffee Cake
- Scrumptious Strawberry Shortcake Medallions
- Pecan Delight
- Honey Muffins
- Coconutty-Cheese Biscuits
- Gingerbread Cookies

Now what are you waiting for? Scroll up to purchase and start cooking with Coconut Flour today!

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Bonnie Lugo:

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