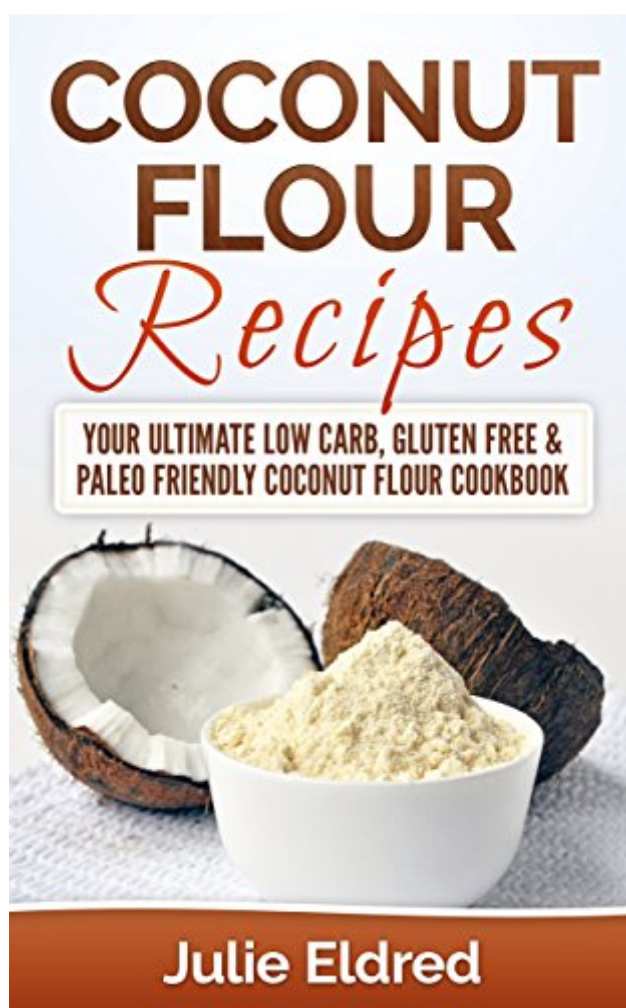


The book was found

Coconut Flour Recipes: Your Ultimate Low Carb, Gluten Free & Paleo Friendly Coconut Flour Cookbook (Coconut Oil, Coconut Oil Recipes, Coconut Oil For Weight ... Oil For Beginners, Coconut Oil Miracles)





Synopsis

Delicious, Nutritious Coconut Flour Recipes Are Coming Your Way! Harness The Power Of Coconut Flour And Treat Yourself To These Mouthwatering Meals & Snacks * * * LIMITED TIME OFFER! 50% OFF! * * * By Passionate Chef & Bestselling Cookbook Author Julie Eldred Here's A Preview Of What You'll Find Inside... An Introduction To Coconut Flour, Its Benefits & Importance The Best Places To Find Coconut Flour Delicious Coconut Flour (CF) Bread Recipes! Cake Recipes Including Coconut Flour Choco Raspberry Cupcakes... Yum! Coconut Flour Based Donut Recipes Utilizing Strawberries, Honey, Banana Coffee & More CF Muffin Recipes! Including Lemon Poppy, Avocado, Rhubarb, Chocolate Pumpkin & Blueberry A Variety Of Easy To Make Coconut Flour Cookie Recipes Assorted Pastries And Other Treats And Much, Much More! Be Sure To Download Your Bonus Content At The Back Of The Book Hurry! For a limited time you can download "Make Ahead Meals: Delicious, Healthy, Low Carb Make Ahead Freezer Meals Recipes For The Busy Individual" for a special discounted price of only 99c Download Your Copy Right Now! ----- Tags: Coconut Flour, Coconut Flour Recipes, Coconut Oil, Coconut Oil Cure, Easy Meals, Dump Meals, Dump Dinner, Meals For One, Meals For Two, Easy Recipes, Slow Cooker Recipe Book, Crock Pot Recipe Book, Dump Cake Recipes, Dinner Recipes

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Customer Reviews

These recipes are just insanely good. I am not exaggerating either. I know the importance of eating low carbs and avoiding gluten while also going paleo. However, can you do all three of these and still have tasty deserts? The answer is a resounding Yes! This book is packed cover to cover with some of the best recipes I have ever tried and all of this without busting my unique diet! I think more people would try this healthy diet if they knew such tasty recipes existed. The Coconut Flour is amazing since it tastes completely normal, but is just so healthy!

The coconut has many benefits to offer to our health, I was amused by reading this book , and I learned a lot , very easy to do and understand . I have tasted many foods made with coconut flour , but now I want to try my own version of CF pizza and definitely enjoy it with my daughter . I recommend this book to everyone

Not big enough with enough recipes other wise I would have given it more stars.

Didn't find it as helpful as I was hoping, or maybe as many recipes I would want to try.

Not worth money at all!

Was so disappointed, not only was this photocopied, but there were ten pages that did not belong in the book.

Don't waste your money you can find all these recipes on yummlly

I'm so glad to have gotten this cookbook and be one step closer to getting rid of grains completely from my diet!

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