



## Low-Carb Coconut Flour Recipes: Healthy and Delicious Low-Carb Diet Recipe Cookbook (Paperback)

By Betsy R Walker

Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Do you know the coconut flour ? Coconut flour is a soft powder and be make from dried coconut meat. What are the benefits of coconut flour ? -Coconut flour is rich in protein and fiber. -Coconut flour is a kind of low-carb, healthy and nutritious ingredients. -Coconut flour is gluten-free diet friendly alternative to wheat flour. -Coconut flour can lose weight. -Coconut flour can reduce blood sugar and prevent diabetes. -Coconut flour can promote digestion and absorption it can prevent celiac disease. What can we learn from this cookbook? -Contains many coconut flour recipes that are simple and very easy to learn. -Contains many coconut flour recipes that are healthy, delicious and nutritious. -Tips when you cooking with coconut flour.



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