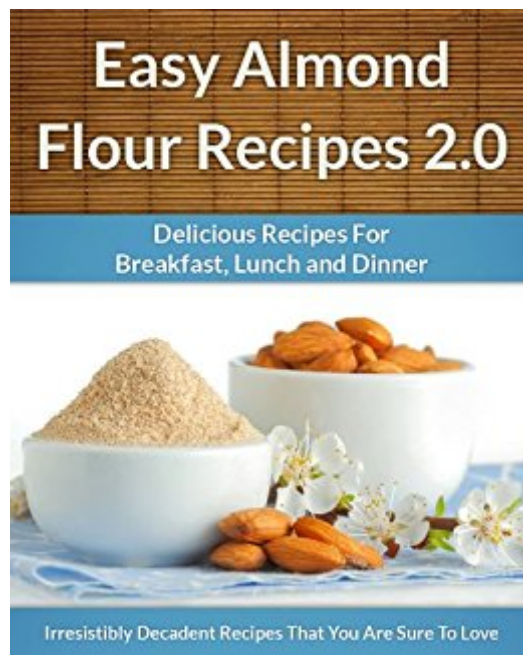


The book was found

Easy Almond Flour Recipes 2.0 - A Decadent Gluten-Free, Low-Carb Alternative To Wheat (The Easy Recipe Book 31)



Synopsis

The follow-up to the #1 Bestseller, Easy Almond Flour Recipes. With tons of brand new recipes, you are sure to discover some new favourites. You've been hearing more about almond flour lately, haven't you? As we grow more health-conscious, we continue to find new, healthier ingredients to cook our favourite recipes with. In this case, almond flour is the grain-free diet friendly alternative to wheat flour. You can bake most, if not all of your favourites with it. That being said, cooking with almond flour comes with it's own set of challenges. This book will teach you the proper ways of cooking delicious, healthy dishes with almond flour. Inside, you will discover the history of almond flour, it's health benefits, where to buy it and lots of delicious recipes.. Irresistably Decadent Recipes You Are Sure To Love Almond flour (not to be confused with almond meal) is made up of ground blanched (skinless), sweet almonds. Why You Should Cook With Almond Flour: Almond flour is protein and fiber rich, Almond Flour is high in mono-unsaturated fats (the healthy fats). Almond Flour is rich in Vitamin E. Irresistably Decadent Recipes You Are Sure To Love Start cooking today with Almond Flour Recipes.

Book Information

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Customer Reviews

If you like almonds then please try cooking with almond flour. I made tilapia breaded in almond flour and it was so delicious. My picky eater grandson ate all of his. The brownies were also the best. The texture was very good and have continued to make them. I keep my almond flour in the freezer.

This book is one of a rather good series (I have quite a few) and they are very straightforward and easy to follow, rather like the frontispiece plain and obvious. Do delve into these as they contain a lot of information and really good recipes too! The only reason I took one star was because I would like a few vegetarian recipes and, some information about an alternative to all those eggs - in quite a few. There are really quick and easy savoury pancakes and some lovely cakes and fruity loaves, all to be safe in a few moments. One bowl and all in is my idea of cookery which I will do, and often. It is no use having huge and complex books that will honestly just be filed away. This shortish book is lovely.

I'M SO GLAD I DOWN LOADED THIS BOOK. I CAN'T HAVE WHEAT OR GLUTEN FOOD PRODUCTS. THE RECIPES ARE WELL WRITTEN EASY TO FOLLOW AND ARE EVERYDAY FOODS LIKE BISCUITS, PANCAKES AND A QUICHE CRUST! SO GOOD THANK YOU!!!

It bothers me when I find errors in a cookbook. Makes me wonder if measurements, etc. in the recipes are accurate. Check out the recipe for Chocolate Fudge Brownies - 3/4 lbs. lean ground beef, 1/4 lbs. lean ground turkey . . . really?

It all looks delicious, but--none of the recipes actually says what a single serving is. For the cupcakes it's obvious, but for the rest of the recipes you are given no idea how much of the recipe is a single serving. For someone who is counting net carbs for every mouthful, this is really critical information!

Just finished reading through "Easy Almond Flour Recipes 2.0". I liked the selection of recipes, including recipes for beauty concerns.

I bought this book because I have a DAIRY ALLERGY and I want something new. I go through fazes of eating regular flour compared to being totally Gluten Free. I can not wait to try all of these recipes. I have purchased other Almond recipe books but most of the recipes are basically the same.

I read through this cookbook looking for an alternative to wheat flour, for inclusion in a low-carb lifestyle. The recipes sound good, I am looking forward to trying them as soon as I find a lower-cost outlet for almonds.

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