



# The Coconut Flour Gourmet: 150 Delicious Gluten-Free Coconut Flour Recipes

*Bruce Fife, Leslie Fife*

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Is it possible to have great tasting gluten-free foods? Yes, with the secret of coconut flour. Coconut flour is made from dried coconut that has been ground into a powder. It looks and feels just like any other flour, but unlike wheat flour, it is completely gluten-free. It is an excellent source of vitamins and minerals and contains about the same amount of protein as whole wheat. It is a good source of calorie-free dietary fiber that is so important for good digestive health. The best part is that it tastes fantastic! Using the basic yeast dough recipe described in this book, you will be able to make gluten-free yeast breads that will remind you of your mother's home-made baked bread. Yet these recipes are easier and quicker to make. With coconut flour and a few other key ingredients, you can make gourmet dinner rolls, sandwich bread, pizza crust, calzones, hamburger and hot dog buns, breadsticks, scones, tortillas, and a variety of artisan breads. The recipes in this book are designed to appeal to a wide range of tastes. For breakfast you will find a variety of sweet and savoury muffins, pancakes, and waffles. The Jalapeno Cheese Muffins and the Ham and Cheese Waffles are incredible! If you like sweets and desserts, you will find cakes, cupcakes, tarts, cookies, and even ice cream sandwiches. You will also find plenty of savoury items such as Sesame Pecan Chicken, Tempura Shrimp, Cashew Chicken, Cajun Chicken Fingers, Sweet and Sour Pork, and even a delicious gluten-free Turkey Dressing. Who knew gluten-free cooking could taste so good?

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Playing with family inside a park, coming to see the marine world or hanging out with buddies is thing that usually you could have done when you have spare time, after that why you don't try point that really opposite from that. One particular activity that make you not feeling tired but still relaxing, trilling like on roller coaster you already been ride on and with addition of knowledge. Even you love The Coconut Flour Gourmet: 150 Delicious Gluten-Free Coconut Flour Recipes, you can enjoy both. It is good combination right, you still need to miss it? What kind of hangout type is it? Oh occur its mind hangout guys. What? Still don't get it, oh come on its identified as reading friends.

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