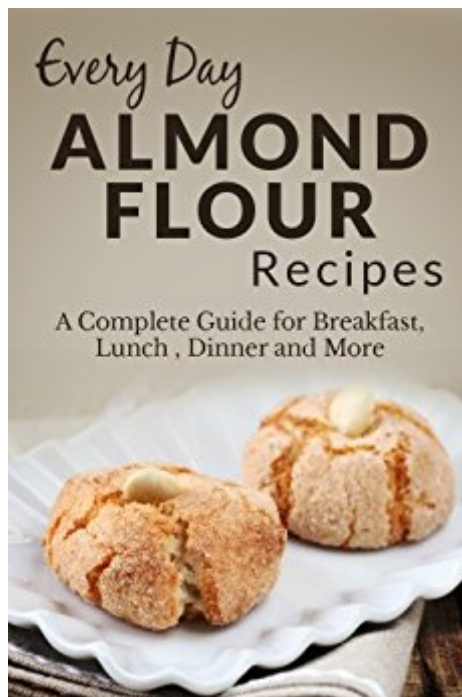


The book was found

Almond Flour Recipes: The Complete Guide For Breakfast, Lunch, Dinner And More (Everyday Recipes Book 5)



Synopsis

The almond is conventionally used as a topping by being slivered or cut up to serve on top of dishes. However, a recent trend has emerged with the rise in gluten allergies, gluten sensitivities, low carbohydrate diets, or the recent health implications of bleached or processed flours which has led to a gap in many people's diets. To fill this gap, grinding up almonds results in almond flour that can be used to replace bleached or processed flour for whatever reason it needs to be replaced. With the Every Day Almond Flour Recipes book, beginners can be taken through a few common recipes and a few exotic recipes that can broaden their skills when cooking or baking with almond flour. With health benefits including protein content, fiber content, and a low glycemic impact, almond flour is a great alternative to use instead of wheat flour. Be confident in your ability to use almond flour after reading Every Day Almond Flour Recipes.

Book Information

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Customer Reviews

I'm eating low-carb, so these almond flour recipes help meet my occasional yens for baked goods.

The recipes are good and easy to follow. So far everything I've tried has turned out well.

I love learning new things and "playing with new toys" . I have been gradually converting traditional recipes to dishes that are healthier. and I have found success one recipe at a time. I look forward to adding almond flour to my arsenal.

I like that I got the book while it was free. I like the few ideas for things I had to give up. However, I found that at least 1 recipe ~ the Cinnamon Doughnuts ~ for the ingredients, 2 items are missing the measured amount :(Otherwise, I'm happy with it.

My husband is gluten-intolerant plus diabetic. I have made the blueberry pancakes and they were delicious and kept his blood sugar at a low level not like the carbs in regular pancake mix. Can't wait to make other recipes.

There are about 10 recipes specific to almond flour. The rest of the recipes are the sort where you simply substitute almond flour for regular flour as a coating or binding. The price, however, is right, and the ten recipes are quite attractive. The other recipes are basically from the Paleo Diet, which I am interested in, and the background information is good.

I am just beginning my journey with no grains. My daughter was diagnosed as being allergic to all grains. This book provided information explaining how grains work and how removing them from the diet can help improve general health. The recipes are easy to follow and delicious.

This book is well written, easy to follow. The recipe ingredients make sense. If what I make ends up looking like in this book will make me happy. I know they all will taste great. Thank you

This one I have not tried yet but I am looking forward to trying all the recipes in this book because I love trying new things that will improve my health.

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