



Coconut Flour Recipes (Paperback)

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Cooking Genius, United States, 2013. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Coconut flour is simply flour made from coconut meat instead of wheat and grains like other flours. As its name implies, it is coconut meat that's now in a very refined powder form. In other words, this is the coconut meat itself that has been dried out and ground a bit after removing the coconut milk. There are several reasons why this flour is popularly used nowadays. One, it is a very healthy flour. It is healthy because it is a hundred percent gluten-free unlike most flours out there. This proves to be beneficial for those who cannot tolerate gluten in their bodies as well as in preventing celiac disease from attacking. Two, it is a flour that's very high in fiber which makes it flour that can aid digestion, lower blood cholesterol levels since this flour is low in saturated fats, as well as prevent diabetes by lowering blood sugar levels since fiber can also lower absorption and concentration of sugar in the blood.



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