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The Almond Flour Cookbook: 30 Delicious and Gluten Free Recipes

Rashelle Johnson

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Are you looking to cut gluten out of your diet?

Almond flour is great gluten-free alternative to processed wheat flour. It allows you to cut the gluten out of many of your favorite recipes, while enhancing the flavor of your food. It works well in a number of tasty dishes and allows you to enjoy baked goods like bread, cookies, cupcakes and all sorts of other items without the guilt associated with eating the gluten-laden high-carb baked goods you're used to.

Give almond flour a try and you'll soon be a convert.

It's really that good. It's packed full of the protein, nutrients, minerals and fatty acids your body needs to function at a high level. While baked goods made with processed flour are bad for you, the baked goods you make using almond flour are actually good for you. That's right, replacing regular flour with almond flour makes most recipes healthy!

The following topics are covered in this handy book:

- What almond flour is and why it's good for you.
- How to use almond flour to replace regular flour in many of your favorite recipes.
- The type of recipe that almond flour doesn't work well in.
- Diet plans almond flour works well with.
- How to blanch almonds and make homemade almond flour.
- Measuring almond flour for recipes.
- How to properly store almond flour so it won't go rancid.

In addition to the topics mentioned above, this cookbook contains 30 recipes that are tailor-made to use almond flour. Unlike some of the almond flour cookbooks on the market, these recipes don't use almond flour in tiny amounts, while relying heavily on other types of flour. These recipes take full advantage of almond flour and it's many health benefits. Almond flour is the leading ingredient in most of the recipes in this book.

Buy this book today and get started cooking with the healthy alternative to wheat flour. Your body will thank you for it.

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Jennifer Lorenzo:

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